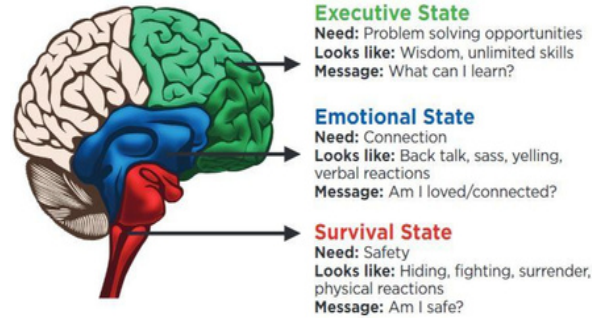


Conscious Discipline uses a simple model called the Conscious Discipline Brain State Model to help us understand the brain-body connection as it relates to discipline. The three basic internal states are the **Survival State**, **Emotional State**, and **Executive State**, and each state corresponds with a set of accessible skills.

Conscious Discipline Brain State Model



- 1. Safety**, through self-regulation, enhances adults' and childrens' ability to recognize and manage emotional upset. Taking three deep breaths helps us calm down by shutting off the stress response in the body.
- 2. Connection**, builds relationships to change adult and child perceptions, increases cooperation, and increases the willingness to learn and practice new skills.
- 3. Problem Solving**, changing our response to conflict boosts adults' and childrens' ability to adapt to changing situations (resiliency).

SELF-REGULATE (breathe), stop, and ask. What is happening with my child in this moment? What does my child feel? What does my child need? What do I feel? What do I need? **This helps manage your own thoughts, feelings and actions. Understand the need your child is seeking to fulfill by their behavior. Notice instead of judge.**

Our need for **CONNECTION** never ends
"When a child can't calm down they need connection and comfort, not criticism and control."
Make **eye contact** with your child throughout the day.
Touch is the only sense we cannot live without.
Be **Present** and join together with your child to share the same moment.
Play with your child. It helps build bonds, increase attention span and boost social development.

Your **RESPONSE**. Focus on the behavior you **WANT** to see.
You have a choice. You may ____ or ____ what is better for you?

Instead of...

Be quiet

What a mess

Do you need help?

Stop running

It's not that hard

We don't talk like that

Try!

Can you use a softer voice?

It looks like you had fun! How can we clean up?

I'm here to help if you need me

Walking feet

You can do hard things

Please use kind words

Seven Powers for Conscious Adults

Perception

No one can make you angry without your permission

Attention

What you focus on, you get more of

Unity

We are all in this together

Free Will

The only person you can make change is yourself

Acceptance

The moment is as it is

Love

Choose to see the best in others

Intention

Mistakes are opportunities to learn

Seven Skills of Discipline

Composure

Being the person you want others to become

Assertivness

Saying "no" and being heard: Setting limits respectfully

Encouragement

Building the school and home family

Choices

Building self-esteem and will power

Empathy

Teaching children to manage their emotions

Positive Intent

Creating teaching moments with oppositional, shut down and aggressive children

Consequences

Helping children learn from their mistakes

To your child, you are the most important person. Be the person you want your child to be. We hope that you find these Conscious Discipline tools helpful on your journey through parenthood.

We Wish you Well!