

Introduction to Conscious Discipline

OUR NEIGHBORHOOD CHILD DEVELOPMENT CENTER



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CONSCIOUS DISCIPLINE® was written by Dr. Becky Bailey who has compiled, summarized, and formatted years of brain development research into a digestible and practical format for teachers and families. Conscious Discipline® uses the word discipline in its traditional meaning, "to teach." The goal is to teach through bringing conscious awareness to the child. Conscious Discipline® is based on teaching and parenting with the brain in mind. This information about brain development provides the foundation for the practices of Conscious Discipline®. Loving Guidance is the parent company for all of Becky Bailey's work. www.ConsciousDiscipline.com

Basics of Your Brain

- Brains are wired by our experiences, and the foundation of the brain is built in the early years.
- Children need serve-and-return interactions, and attuned care from adults to build their brain.
- Support to calm stress can build the brain, but without support, stress can be toxic.

3 Brain States – How You Feel Predicts How You Act

	Adults	Children
Executive State What can I learn?	Conflict is a call for help and can be solved with new skills.	I can reflect on my choices, learn, and make changes.
Emotional State Am I Loved?	Conflict is irritating and must be stopped.	The world is not going my way. Fix it now.
Survival State Am I Safe?	Conflict is threatening and must be punished.	Everything and everyone is a threat, protect myself.



Your Role in Brain-Based Teaching in Three Steps

1. Establish Safety
 - Attuned and composed adult
 - Emotional, social, and physical safety
 - Predictability
2. Give Unconditional Love
 - Connection – A sense of belonging
 - Empathy – An understanding of their needs and perspective
 - Encouragement – Support, acceptance, coaching, and acknowledgment
 - Choices – Autonomy and free will
3. Support Reflection and Learning
 - Positive Intent – Acknowledging of needs and intention to meet needs
 - Brainstorming – Considering alternatives and their possible impact
 - Learning – Discovering new ways to meet needs
 - Meta-cognition – Thinking about thinking

Skills of Conscious Discipline

To build this brain-based parenting model, Conscious Discipline relies on the following seven skills.

Composure

Only if we are composed can we access the logical problem solving brain. Composure is about learning to accept, process, and regulate emotions before making a decision or solving a problem.

Encouragement

We all need the help and support of our family and friends. Encouragement is about providing that support with full acceptance and without judgment.

Assertiveness

Clear and direct communication of our boundaries and expectations supports everyone to succeed together. Children need to see adults say no respectfully so they can learn how to say no respectfully when they need to draw a boundary.

Choices

All people have a basic need for autonomy. Helping children to see their choices and have some control in their world supports children to learn decision making skills and helps children learn to cooperate while maintaining their autonomy.

Positive Intent

All people are simply making choices with the best information and skills they have. Seeing a situation or behavior through a lens of children simply trying to meet their needs, we can accept the moment as it is and see an opportunity to teach.

Empathy

Through empathy we stay connected as a community. When we can connect with others, we can see how our choices impact them. When we feel empathy from others, we can better maintain our composure to make good decisions and solve problems.

Consequences

Consequences are not punishments or rewards but simply the outcome of our choices. When we fully feel and embrace the consequences of our choices, we can learn from the decisions we have made and make better choices in the future.

Conscious Discipline Resources

- CONSCIOUS DISCIPLINE by Dr. Becky Bailey
- www.consciousdiscipline.com
- EASY TO LOVE, DIFFICULT TO DISCIPLINE by Dr. Becky Bailey
- MANAGING EMOTIONAL MAYHEM by Dr. Becky Bailey
- I LOVE YOU RITUALS by Dr. Becky Bailey
- YouTube Conscious Discipline, <https://www.youtube.com/channel/UCUVecCCnEseDxWTDeranlIQ>
- YouTube Coaching Emotions, https://www.youtube.com/results?search_query=becky+bailey+emotions
- Shubert and Sophie Books
- Becky Bailey CDs – Brain Boogie Boosters, It Starts in the Heart, I Love You Rituals, Come Join the Circle, Listen to Your Feelings

