



TRY IT AT HOME:

to match what your child is doing at school...

RE-CAP - PARENT'S NIGHT – CONSCIOUS DISCIPLINE:

BRAIN SMART START: starts the day out right

*UNITE	*DE-STRESS	*CONNECT	*COMMIT
Coming Together Sing a song together	Smile Take a DEEP BREATH And  Relax	I Love You Rituals Dancing/ Games Helps with impulse control	Today, I will... set an intention

WHAT DOES DISCIPLINE MEAN?: has changed since we were kids

UPGRADE 

Rewards and Punishment	*Teaching	*Structure	*Giving choices
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BEHAVIOR COMES FROM AN INTERNAL STATE: fight/flight OR from our thoughtful brain

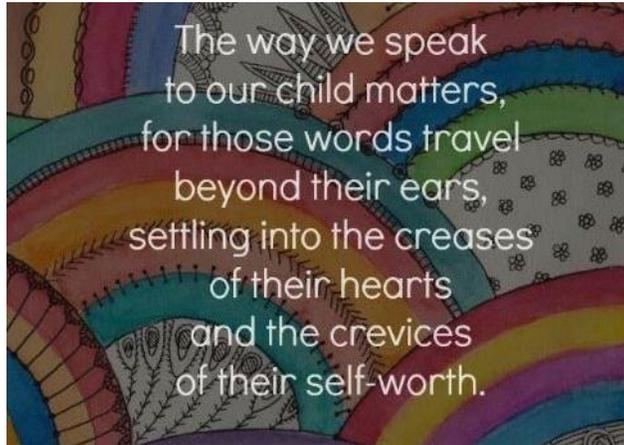
MY STATE...	OR	DETERMINES MY CHILD'S	OR
			
			
			

POWERS & SKILLS: what we CAN DO

POWER:	SKILL:
PERCEPTION – “No one can make me mad Without my consent.” OLD= “These kids are driving me crazy.”	COMPOSURE – RECLAIM your power. Hit the pause button, 5 deep breaths NEW = “No one else can make me angry.”
	YOU do 1 st , then help your child... 1) BREATH – S.T.A.R. 2) Calming Thought – “I’m safe. Keep Breathing. I Can Handle This.” 3) Wish Well – Open Heart. Kind Thoughts
ATTENTION – “What you focus on, you get more of.” 1) PAUSE  2) DEEP BREATH  3) HIGHLIGHT what TO DO 	ASSERTIVE COMMANDS 1) NAME – say child’s name & get close 2) VERB – say what TO DO 3) PAINT – DESCRIBE EXACTLY “Ashley, take the scissors back to the table so you can sit down to cut safely.”
	VISUAL ROUTINES: (shows what TO DO)  

ENCOURAGEMENT: a little goes a LONG WAY

BE SPECIFIC, NAME WHAT THEY DID RIGHT
“You did it! You cleaned up all your crayons!”
“Awesome! You did your whole bedtime routine!”



WE MUST ALL CHOOSE OUR WORDS WELL

YOUR SUPPLIES to MAKE at HOME:

- 1) Envelope to keep things in / short overview
- 2) I Love You Ritual – make a frig magnet – helps you connect
- 3) Breathing Icons – make a frig magnet – helps to calm down
- 4) Breathing – Smell the Flower / Blow the Candle or Bubble– tape to stick – calming



Look for more free resources: <https://consciousdiscipline.com/free-resources/> at ConsciousDiscipline.com



AND



Jenny Spencer : <https://www.ignitelearningtogether.com/>