Conscious Discipline®
Personal Implementation Guide for Parents (Age 0 - 3)

These guides are just the beginning of your journey with Conscious Discipline. For more in-depth training and support call 800.842.2846 or learn more at ConsciousDiscipline.com.
Conscious Discipline Implementation Guide

Personal Plan

• What three things generated a personal “aha” for you this week?
  1. ______________________________________________________________
  2. ______________________________________________________________
  3. ______________________________________________________________

• How will you expand on this personal interest to begin your implementation process?

• What two rituals seemed the most meaningful for you during the week?
  1. ______________________________________________________________
  2. ______________________________________________________________

• What activities/songs/games did you find really helpful?
  1. ______________________________________________________________
  2. ______________________________________________________________

• Did you enjoy the Brain Smart Start routine? _____ Why? ____________________________

• Did the Safekeeper ritual provide you focus? _____ How? ____________________________

• Did your daily commitments offer you success and focus? _____ How? _________________

• Did you enjoy your job? Did you benefit from the jobs of others? ____________

  How does this apply in your home? ____________________________________________

• What inner speech are you willing to change?
  - I’m safe. Keep breathing. I can handle this.
  - You can do it. You can do this!
  - What are my two choices? Think of two choices and just get started.
  - Are these thoughts helpful or hurtful?
  - I feel angry, sad or disappointed. Breathe. I can handle this.
  - I wish you well.
  - What am I willing to do differently?
Essential Beginnings

1. Start your personal “Be a S.T.A.R.” program, then share with others (children or coworkers, etc.)
   - Find your personal internal Safe Place then create one for your home.
   - Take back your power. Shift from “make me, please me” language to “I’m going to ____.” Once you empower yourself, you will then be able to empower your children.
   - Consciously be aware of your buttons. Say to yourself, “I’m safe, I can handle this. Keep breathing.” Once you are conscious of your buttons, help children be conscious of theirs.
   - Structure: Safe Place

2. Start your personal Wish Well Program
   - Create a Wish Well ritual in your home.
   - Let go of judging yourself and others and begin wishing others well. Then teach this to children.
   - “Careem is having a hard time cleaning up. Let’s wish him well.”

3. Start the day the Brain Smart® way
   - Teach some activities to unite.
   - Teach some activities to connect.
   - Teach some activities to disengage the stress response (S.T.A.R., Drain, Pretzel, Balloon).
   - Teach commitments. Start with family agreements and move to individual.

4. Create a “safety” job description
   - My job is to keep you safe. Your job is to help keep it safe.
   - Create a Safekeeper ritual.
   - “Walk to the house so everyone is safe.”
   - “Are you being safe?” “What could you do now that would be helpful?”

5. Create a Connected Family
   - Name your Connected Family.
   - Connected Family song, motto, mission statement and/or flag.

6. See misbehavior as a call for help
   - The moment is as it is.
   - The only person you can make change is yourself.
   - Attribute positive intent.

7. Assertively tell children what to do
   - What you focus on you get more of.
   - Pivot if frustrated.
   - Give two positive choices or assertive commands.
Routines: What Visuals are Needed?

Explore the following aspects of your daily life and discuss how you could add Conscious Discipline elements to each.

**Morning Routine**

- What brain state does your child begin each morning? How do you wake your child up each day? __________________________

- How could you change your state? __________________________

- How could you help your child change his/her state? __________________________

- Create your good morning ritual. (“I’m going to wake up those feet. I’m going to wake up those legs.” etc.)
  
  __________________________________________

  __________________________________________

- What Conscious Discipline steps are you willing to take to create a picture routine of your morning routine?
  
  __________________________________________

  __________________________________________

- How many steps are necessary?___________ Fill in the below box with the steps.

  ![Steps](image)

- When will you create the routine?___________ Who will take the pictures?___________

- How will you help parents use the routine schedule or book? __________________________
Transition Routine

• How do you load your children into the car? ________________________________

• How do you leave places with your kids? ________________________________

• How do you want these transitions to look like? ________________________________

• What Conscious Discipline steps are you willing to take to create a picture routine of your transition routine?

________________________________________________________________________

________________________________________________________________________

• How many steps are necessary?__________ Fill in the below box with the steps.

________________________________________________________________________

________________________________________________________________________

• When will you create the routine?__________ Who will take the pictures?__________

Bathroom Routine

• What is posted to help with the diapering process or potty training steps?

• What is posted to help with teeth brushing, bathing and leaving the room clean?

• What Conscious Discipline steps are you willing to take to create a picture routine of your bathroom routine? ________________________________

• How many steps are necessary?__________ Fill in the below box with the steps.

________________________________________________________________________

________________________________________________________________________

• When will you create the routine?__________ Who will take the pictures?__________
**Bedtime Routine**

- What steps do you currently take at bedtime? What state are you in when you are doing those steps? 

- How can you change your state? 

- How can you help change the child’s state? 

- Create a bedtime routine, including a goodnight ritual. Create your goodnight ritual:

- What Conscious Discipline steps are you willing to take to create a picture routine of your bedtime routine? 

- How many steps are necessary? Fill in the below box with the steps.

- When will you create the routine? Who will take the pictures? 

**Eating Routine**

- What steps do you currently take to eat? 

- What Conscious Discipline steps are you willing to take to create a picture routine of your eating routine? 

- How many steps are necessary? Fill in the below box with the steps.

- When will you create the routine? Who will take the pictures?
**Goodbye Routine**

- What state are you in when you drop your child off? __________
- What state is the child in? __________
- How can you change your state? ________________________________
- How can you help your child change his/her state? _________________
- Create a goodbye ritual: _______________________________________
  __________________________________________________________
  __________________________________________________________
Brain Smart Start

• How will you unite your family?

Safekeeper Ritual: ____________________________

• How will you help you and your family disengage stress?

Beginning of the Day: __________________________

Before School: ________________________________

After School: _________________________________

Before Bedtime: ______________________________

• How will you connect your family?

Each Morning: _________________________________

At Meal Times: ________________________________

At the End of Each Day: ________________________

• How will you and your family commit?

Individually: _________________________________

As a Family: _________________________________

Predetermined Group of Family Commitments: _________________________________
Rituals to Create

Build a plan for the year. Include when you will create and implement each.

<table>
<thead>
<tr>
<th>Ritual</th>
<th>Supplies Needed</th>
<th>Month to Implement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safekeeper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good Morning</td>
<td></td>
<td></td>
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<tr>
<td>Sick Child</td>
<td></td>
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<tr>
<td>Wish Well</td>
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<tr>
<td>Welcome Home</td>
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<tr>
<td>New Baby</td>
<td></td>
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<tr>
<td>Birthday Ritual</td>
<td></td>
<td></td>
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<tr>
<td>Beginning / End of School Year</td>
<td></td>
<td></td>
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<tr>
<td>Goodbye / Greeting</td>
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</tr>
</tbody>
</table>
# I Love You Rituals

<table>
<thead>
<tr>
<th>Ritual</th>
<th>Month to Implement</th>
<th>Places of Implementation</th>
<th>Family Book</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wonderful Woman</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Peter, Peter</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Georgie Porgie</td>
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<td></td>
<td></td>
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<tr>
<td>Twinkle Twinkle</td>
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<td></td>
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<tr>
<td>Story Hand</td>
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</tbody>
</table>

- What I Love You Rituals did you enjoy this week?

1. ____________________________________________
2. ____________________________________________
3. ____________________________________________
4. ____________________________________________
5. ____________________________________________
<table>
<thead>
<tr>
<th>Skills</th>
<th>Supplies Necessary</th>
<th>Month to Implement</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Safekeeper:</strong> Notice instead of judge.</td>
<td></td>
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</tbody>
</table>
| **Composure:** Be a S.T.A.R. program  
  • Active calming  
  • Downloading |                     |                     |
| **Encouragement:** Wish Well program  
  • Absent child  
  • Upsetting events  
  • Difficult child  
  • Tantrums |                     |                     |
<p>| <strong>Encouragement:</strong> “Good for you. You did it. You ____.” (Instead of “good job.”) |                     |                     |
| <strong>Encouragement:</strong> “You ____ so _____. That was helpful.” (Instead of “thank you” or “I like the way ____.”) |                     |                     |
| <strong>Choices:</strong> “You have a choice. You may ____ or _____. What is your choice?” (Two positive choices.) |                     |                     |
| <strong>Assertiveness:</strong> “Did you like it?” (Natural consequences) |                     |                     |
| <strong>Positive Intent:</strong> “You wanted _____. You were hoping _____.” (Instead of why, what, who?) |                     |                     |
| <strong>Empathy:</strong> “Your face went like this. You seem ____.” |                     |                     |
| <strong>Consequences:</strong> “If you _____, then _____.” (Logical consequences.) |                     |                     |
| <strong>Consequences:</strong> Problem-solving, family meetings |                     |                     |</p>
<table>
<thead>
<tr>
<th>Structure</th>
<th>Supplies Necessary</th>
<th>Month to Implement</th>
</tr>
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<tbody>
<tr>
<td>Friends and Family Board</td>
<td>(Holiday cards, etc.)</td>
<td></td>
</tr>
<tr>
<td>Jobs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Family responsibilities)</td>
<td></td>
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<tr>
<td>Ways to be Helpful Board</td>
<td></td>
<td></td>
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<tr>
<td>Safe Place</td>
<td></td>
<td></td>
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<tr>
<td>Celebrations Center</td>
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<tr>
<td>Time Machine</td>
<td></td>
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<tr>
<td>(For adults and older siblings)</td>
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<tr>
<td>We Care Center</td>
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Optional Ways to Enhance Conscious Discipline

Other options to enhance your experience as you implement Conscious Discipline:

**Coaching**

Telephone or Skype (up to five people)

**Workshops**

ConsciousDiscipline.com

**Resources**

ConsciousDiscipline.com/Resources

For additional information contact us at:
1.800.842.2846 x 204