



ConsciousDiscipline®

Conscious Discipline® Personal Implementation Guide for Parents (Age 4 - 12)

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.

ConsciousDiscipline.com

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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 state of the brain does your child begin each morning with? How do you wake your child up each day? _____
- 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 boxes below with the steps.

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

Transition Routine

- How do you load your children into the car? _____
- How do you leave places with your kids? _____
- 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 boxes below with the steps.

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



Bathroom Routine

- What is posted to help with the potty training steps for younger children? _____
- What is posted to help children brush teeth, wash hands, leave the bathroom clean, bathe, etc.? _____
- 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 boxes below 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? _____
- 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 boxes below with the steps.

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



Homework Routine

- What steps do you currently take to complete homework each night? _____
- What Conscious Discipline steps are you willing to take to create a picture routine of your homework routine?
- How many steps are necessary? _____ Fill in the boxes below with the steps.

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



Brain Smart Start

- How will you unite your family?

Safekeeper Ritual: _____

- How will you help your family disengage stress?

Beginning of the Day: _____

Before School: _____

After School: _____

After Homework: _____

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.

Ritual	Supplies Needed	Month to Implement
Good Morning Ritual		
Sick Child		
Wish Well		
Welcome Home		
New Baby		
Birthday Ritual		
Beginning / End of School Year		
Goodbye / Greeting Ritual		



I Love You Rituals

Ritual	Month to Implement	Places of Implementation	Family Book
Wonderful Woman			
Peter, Peter			
Georgie Porgie			
Twinkle Twinkle			
Story Hand			





Problem-Solving

Skills

Skills	Supplies Necessary	Month to Implement
Safekeeper: Notice instead of judge.		
Composure: Be a S.T.A.R. program <ul style="list-style-type: none"> • Active calming • Downloading 		
Encouragement: Wish Well program <ul style="list-style-type: none"> • Absent child • Upsetting events • Difficult child 		
Encouragement: Good for you. You did it. You _____. (Instead of good job.) You _____ so _____. That was helpful. (Instead of thank you or I like the way _____.)		
Choices: You have a choice. You can _____ or _____. What is your choice? (Two positive choices.)		
Assertiveness: Did you like it? (Natural consequences.)		
Positive Intent: You wanted _____. You were hoping _____. (Instead of why, what, who?)		
Empathy: Your face went like this. You seem _____.		
Consequences: If you _____ then _____. (Logical consequences.) <ul style="list-style-type: none"> • Problem-solving, class meetings 		



Structures

Structure	Supplies Necessary	Month to Implement
Friends and Family	(Holiday cards, etc.)	
Jobs (Family Responsibilities)		
Ways to be Helpful Board		
Safe Place		
Time Machine		
We Care Center		



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

