

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

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

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Conscious Discipline Implementation Guide

Personal Plan

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2	What two rituals seemed the most meaningful for you during the week?
2	1
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I	2
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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!	
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You can do it. You can do this!	What inner speech are you willing to change?
	I'm safe. Keep breathing. I can handle 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? 	u i wish you well.

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 "l'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.

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

Transition Routine

- 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.

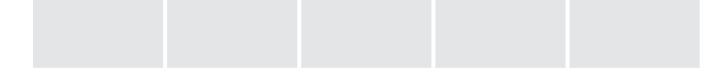


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Bathroom Routine

- 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.? ______
- 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? ______

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• How many steps are necessary?_____ Fill in the boxes below with the steps.



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.



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		

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I Love You Rituals

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



	Skills			
Problem-Solving	Skills	Supplies Necessary	Month to Implement	
Safekeeper: Notice	e instead of judge.			
Composure: Be a S • Active calming • Downloading	S.T.A.R. program			
Encouragement: VAbsent childUpsetting eventDifficult child				
(Instead of g	That was helpful. (Instead			
	a choice. You can our choice? (Two positive			
Assertiveness: Did consequences.)	you like it? (Natural			
	u wanted You were ead of why, what, who?)			
Empathy: Your fac	e went like this. You seem			
Consequences: If y consequences.) • Problem-solving	you then (Logical g, class meetings			
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Structures

Structure	Supplies Necessary	Month to Implement
Friends and Family	(Holiday cards, etc.)	
Jobs (Family Responsibilies)		
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

