



ConsciousDiscipline

Partnering with Families for Success

For All Ages

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Important Concepts for Parent Interactions

Parents are asking:

What can I learn?

Am I being judged?

What can I expect?

EXECUTIVE STATE: Represented by the Prefrontal Lobes



Functions:

- Impulse control/self-control
- Empathy
- Working memory
- Sustained attention
- Planning, prioritization, initiation
- Organization, time management
- Goal persistence
- Online with, “why?”

Development needed:

Problem-solving in social settings

Safe and Connected Learning Environment

Structures to Include:

- Greetings at door and tables
- Safekeeper Ritual
- Brain Smart® Start
- Wish Well Ritual
- Closing Ritual

Brain Smart Start

- Unite the group
- Disengage stress by breathing
- Connect through *I Love You Rituals*
- Commit with the Safekeeper Ritual.

Parent Education:

Call for Help

Can learn from newsletters, books and videos.

Upsetting

Can learn from modeling of others.

Threatening

Must experience difference A and B for change.



Utilizing Conscious Discipline® during Parent Interactions

What Uniting activities will I include?

What Connection activities will I include?

How will I disengage stress within my parent group?

How will I create a Safekeeper ritual?

What are the needs of the families we serve?

What pieces of the curriculum could be added to my current family engagement practices?

Which structures will I include first, second, etc.?

Can I think of a particular family and specific skills they are needing?

Who will prepare what parts? Who will implement what parts?

Other ideas/thoughts?
