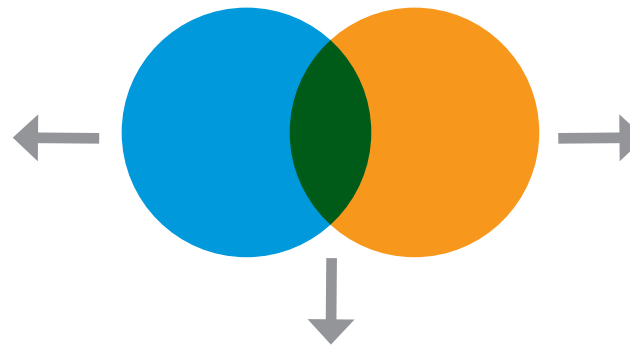


Crosswalk: How Conscious Discipline and FLIP IT Partner to Support Self-Regulation

Conscious Discipline

- Adult commits to being a Safekeeper through active calming
- All behavior is a form of communication
- D.N.A.: **D**escribe child's behavior, **b**reathe, **N**ame child's feeling, **A**cknowledge child's inner desire/intent
- A.C.T.: **A**cknowledge child's inner desire/intent, **C**alm by breathing, **T**arget two positive choices
- 7 Powers and Skills are mixed and matched to any situation
- Identify child's brain state to determine appropriate response: Survival (lowest), Emotional (middle), Executive (highest)
- Assertive Language – A.C.T.; M.A.P. It; Name, Verb, Paint
- Empathetic responses
- Structures for practicing the 7 Powers and Skills



What we have in Common

- Goal of strengthening self-regulation behaviors in children and adults
- Relationship based
- Utilize empathy to see from another person's perspective
- Transform challenging behavior with a healthier behavior
- Focus on Intrinsic Skills
- Identify Feelings
- Assertive Language
- Problem-solving
- Consistent
- Predictable
- Clear expectations of behavior

FLIP IT

- Adult remains calm
- All behavior has a root cause
- Identify child's feelings by describing child's behavior
- Strategies are used in combination
- 4 Supportive Steps –
 - Step 1: Feelings are the root of problem behaviors
 - Step 2: Limits surround children with consistency, safety and trust
 - Step 3: Inquiries to determine solutions
 - Step 4: Prompts to provide child with cues, clues and suggestions
- Assertive Language – Limits; Prompts
- Empathetic responses
- Phrases for implementation