



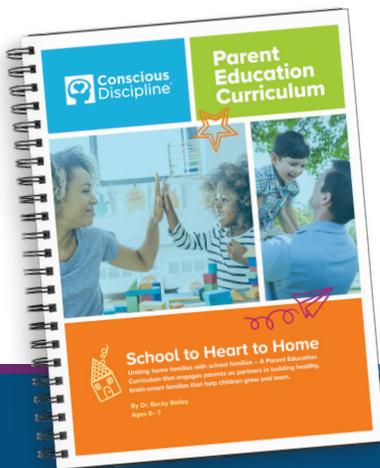
Conscious Discipline®



School to Heart to Home

Alignment of the *Conscious Discipline® Parent Education Curriculum* with the Head Start Parent, Family & Community Engagement Framework

The *Conscious Discipline Parent Education Curriculum* is a comprehensive guide for increasing the social-emotional intelligence of all families of children ages 0-7 through the use of Conscious Discipline. Conscious Discipline provides evidence-based, systematic change in the way adults and children perceive behavior, rather than simply targeting specific behaviors. This shift allows us to access the higher centers of the brain to apply a diverse range of skills like problem-solving, empathy, teaching and learning. Adults are able to see the need underlying a child's behavior and then address the deficiency. As a result, children, schools and families report higher levels of social and academic success, as well as a greater sense of connection, fulfillment and support. (To review related research, visit www.ConsciousDiscipline.com.)



The *Conscious Discipline Parent Education Curriculum* brings the strength of the Conscious Discipline methodology to parent programs, systematically teaching the perceptual shift that allows adults to interpret the need behind children's behavior more accurately. It then provides foundational skills so adults can problem-solve and implement effective solutions. In this way, the *Conscious Discipline Parent Education Curriculum* meets families where they are, empowering **all** families to experience increased success.

Key Findings

In the spring and summer of 2018, Child Trends conducted a descriptive study of the Conscious Discipline Parent Education Curriculum. This is a summary of their findings.

Review the full report at ConsciousDiscipline.com.

PARENTS REPORTED:

- Improved parenting knowledge and skills
- Improvements in how they responded to their children's challenging behaviors
- Improvements in how they managed their OWN emotions
- Using more of the skills two months after the classes were completed
- Improvements to children's behavior and emotion management

BEHAVIOR & EMOTION MANAGEMENT IN CHILDREN REPORTED:

- Better able to identify and communicate their emotions
- Better able to calm
- Fewer behavioral issues

HOME-SCHOOL CONNECTION

- Parent conversations with staff increased around Conscious Discipline strategies and skills
- Conscious Discipline was used more consistently across home and school



1. Family Well-being

Parents and families are safe, healthy and have opportunities for educational advancement and economic mobility, and have access to physical and mental health services, housing and food assistance, and other family support services.

Conscious Discipline is an evidence-based, comprehensive, multidisciplinary self-regulation program. It addresses the emotional intelligence of adults first and children second. The three core components of Conscious Discipline are:

- Safety, through self-regulation, enhances adults' and children's ability to recognize and manage emotional upset.
- Connection builds relationships to change adult and child perceptions, increase cooperation and increase the willingness to learn and practice new skills.
- Problem-solving, through changing our response to conflict, boost adults' and children's ability to adapt to changing situations (resiliency). p 2*

2. Positive Parent-Child Relationships

Beginning with transitions to parenthood, parents and families develop warm relationships that nurture their child's health, development, and learning.

	Head Start Standard	Conscious Discipline Alignment
PROGRAM LEADERSHIP	Ensure that systems, supports and resources are in place to address professional development, continuous improvement, program environment and partnerships related to supporting positive parent-child relationships.	Conscious Discipline provides several assessment tools applicable to both programs and families to help assess implementation level, identify existing strengths and identify areas for growth. p 5-6*
	Incorporate goals related to positive parent-child relationships into agency work plans and strategic planning.	The <i>Conscious Discipline Parent Education Curriculum</i> is consciously designed for adaptability. Large centers, home-based centers, social workers, therapists, Head Start programs, Head Start Home Visitors and others will discover the content needed to build a successful parent program. p VII*
	Ensure staff members have appropriate training, effective supervision and manageable caseloads to support families and their relationships with their infants, toddlers and preschool age children.	Conscious Discipline has a strong community on social media. Conscious Discipline also provides a wide range of professional development options, including packages to support this curriculum, nationwide conferences, the Summer Institute, onsite coaching and web or phone-based mentoring. Our team is dedicated to finding a training plan that ensures your program's ongoing success. p XI*
	Promote cross-service area teamwork.	The <i>Conscious Discipline Parent Education Curriculum</i> includes an Open House , seven Parent Nights , four Home Visits and twelve Mini-Sessions that both education and family engagement staff can customize to design a parent education plan that best suits the needs of the families in the program.
CONTINUOUS IMPROVEMENT	Use self assessments, related surveys and ongoing conversations with families to reflect on staff relationships with families and identify areas for improvement.	Conscious Discipline provides several assessment tools applicable to both programs and families to help assess implementation level, identify existing strengths and identify areas for growth. p 5-6*
	Use self assessments and related surveys to better understand participants' parenting practices and use this information to improve parenting education and parenting supports.	The <i>Conscious Discipline Parent Education Curriculum</i> includes free implementation guides for educators and parents to cultivate reflection, planning and goal-setting which are available through an online portal. p 4*
PROFESSIONAL DEVELOPMENT	Gain knowledge about: <ul style="list-style-type: none"> • The needs of prenatal and postnatal pregnant women and their families • The needs of parents who are parenting a child with a disability • Unique ways to engage fathers • How mental health and wellness affects families • Communication styles and relationship building • Child development • The effect of trauma on parent-child relationships • A variety of parenting practices 	The <i>Conscious Discipline Parent Education Curriculum</i> meets families and staff where they are, expanding the skill set of all involved. The transformational changes promoted by the curriculum allow it to grow with staff members and families over time. Educators and parents will continually deepen their understanding, strengthen their skill set and cultivate success as they utilize the curriculum year after year. p VII*

	Head Start Standard	Conscious Discipline Alignment
PROGRAM ENVIRONMENT	Hold the child and family in high regard and partner effectively with different groups of parents.	Conscious Discipline's unique methodology is responsive to each individual's needs and skill level, ensuring increased success and positive outcomes regardless of your current skill set or where you are in your life journey. p VI* Positive intent sees parents as doing the best they can with the tools they have, while mature empathy holds a space of "you can handle this" for parents. p 19*
	Provide opportunities that support parents' needs to connect with other parents for reflection, information, ideas and support.	The <i>Conscious Discipline Parent Education Curriculum</i> includes: <ul style="list-style-type: none"> • Open House: A start-of-year event provides the means for introducing key information about the Head Start Center and Conscious Discipline to families in an emotionally safe, connection-building way. • Parent Nights: Seven skill-based parent education events that last 50-60 minutes each. Parents learn how to implement the powers, skills and structures of Conscious Discipline while being active participants in a safe, connected, compassionate family of learners. • Home Visits: Four highly interactive in-home meetings, lasting 40-60 minutes each. Visits may be used individually, together over the course of the year or combined with mini-sessions to create a high-frequency program a home visitor might use. • Mini-Sessions: Twelve learning sessions lasting 15-20 minutes each. These sessions are practice-heavy rather than content-heavy, making them an ideal complement to parent nights and home visits. p VIII*
	Support parent-child relationships in a way that values the culture and language of the family and recognizes how different cultural influences may influence family development.	Strengthening attachment relationships, teaching where the family feels most comfortable and adapting to the needs of each family are core beliefs expressed throughout the <i>Conscious Discipline Parent Education Curriculum</i> .
FAMILY PARTNERSHIPS	Provide opportunities for parents to learn about expectant parenting and prenatal health, the developing role of young parents (for adolescent parents) and/or about their roles as mothers and fathers.	The <i>Conscious Discipline Parent Education Curriculum</i> is a comprehensive guide for increasing the social-emotional intelligence of all families of children ages 0-7 through the use of Conscious Discipline. p VI*
	Foster meaningful, reciprocal relationships between mother and child, and father and child in a manner that is both culturally receptive and responsive.	The curriculum is a teaching guide that contains helpful words, activities, alternate lessons and examples. The scripted text is a guide, not a literal script meant to be read aloud word-for-word. Connection is at the heart of all learning. The curriculum is designed to allow users to adapt the content in the moment in order to meet the needs of the families. p XI*
	Help families identify appropriate practices that complement the stages of their developing child.	The <i>Conscious Discipline Parent Education Curriculum</i> systematically teaches a perceptual shift that allows adults to interpret the need behind children's behavior more accurately. It then provides foundational skills so adults can problem-solve and implement effective solutions. In this way, Conscious Discipline meets families where they are, empowering all families to experience increased success. p VI*
	Support parents and families in ensuring the health and safety of their infants, toddlers and preschoolers.	Conscious Discipline provides evidence-based, systematic change in the way adults and children perceive behavior; rather than simply targeting specific behaviors as if they occur in a vacuum devoid of outside influences. This perceptual shift allows us to access the higher centers of the brain for skills like problem-solving, empathy, teaching and learning. Adults are able to see the need underlying a child's behavior and then address the deficiency. p VI*
	Support a father's efforts to connect with and be responsible for his child at all ages and stages of development.	
	Support families in seeking support from mental health consultants or other community agencies when there are parent-child relationship challenges that require additional services.	The <i>Conscious Discipline Parent Education Curriculum</i> is consciously designed for adaptability. Large centers, home-based centers, social workers, therapists, Head Start programs, Head Start Home Visitors and others will discover the content needed to build a successful parent program. p VII*
	Foster strong co-parenting relationships as appropriate.	Conscious Discipline Parent Nights create a compassionate learning environment for parents to learn and practice skills to create a safe, connected, problem-solving family. Parents get to experience how powerful it is to be part of a safe, connected, problem-solving Parent Night Family! p 17*

	Head Start Standard	Conscious Discipline Alignment
<p>TEACHING AND LEARNING</p>	<p>Engage with parents as equal partners in learning about their child while acknowledging parents' premier role as their child's first teacher.</p>	<p>Conscious Discipline celebrates parents as the child's primary and most important relationship. Supporting the parent-child connection is an essential primary goal embedded in the <i>Conscious Discipline Parent Education Curriculum</i>. Parent Nights, Home Visits and Mini-Sessions empower parents with social-emotional skills and enhance the child's social, emotional and academic performance.</p>
	<p>Foster meaningful, reciprocal relationships between mother and child, and father and child in a manner that is both culturally receptive and responsive.</p>	<p>Conscious Discipline is built on a foundation of safety, connection and problem-solving. A primary objective is fostering attunement and deep connections between family members. The Curriculum accomplishes this by providing customizable skills and activities, including I Love You Rituals, throughout the Curriculum. Home Visits are 40-60 minute highly-interactive in-home sessions that provide an unparalleled opportunity to model and practice parenting skills in context, strengthen parents' knowledge and connect. p 87*</p>
	<p>Talk together with families about the child's signals in ways that help families explore these signals and understand and respond to their child's behavior.</p>	<p>The Conscious Discipline Brain State Model empowers adults to identify children's behavioral cues and respond to them in ways that are helpful for the development of resilience, self-regulation and prosocial skills. This information is woven throughout the Curriculum. Parent Nights, Home Visits and Mini-Sessions provide group and individual support for families.</p>
	<p>Work together with families to help children overcome behavioral challenges.</p>	<p>The Conscious Discipline methodology provides proven strategies for responding to behavioral challenges. Helpful information, examples and strategies for handling these challenges are woven throughout the Curriculum. Twelve Mini-Sessions are 15-20 minute practice-heavy, targeted solutions for common behavioral issues. p121*</p>
<p>COMMUNITY PARTNERSHIPS</p>	<p>Engage community partners to help support the needs and goals of pregnant and expectant families and new parents.</p>	<p>The <i>Conscious Discipline Parent Education Curriculum</i> is consciously designed for adaptability. Large centers, home-based centers, social workers, therapists, Head Start programs, Head Start Home Visitors and others will discover the content needed to build a successful parent program.</p>
	<p>Engage community partners to help support the needs of families who are parenting during stressful and challenging times.</p>	

3. Families as Lifelong Educators

Parent and families observe, guide, promote and participate in the everyday learning of their children at home, school and in their communities.

<p>PROGRAM LEADERSHIP</p>	<p>Ensure that systems, supports and resources are in place to address professional development, continuous improvement, program environment and partnerships related to supporting positive parent-child relationships.</p>	<p>Conscious Discipline provides several assessment tools applicable to both programs and families to help assess implementation level, identify existing strengths and identify areas for growth. p 5-6*</p>
	<p>Incorporate goals related to families as lifelong educators into agency work plans and strategic planning.</p>	<p>The <i>Conscious Discipline Parent Education Curriculum</i> includes free implementation guides for educators and parents, cultivating reflection, planning and goal-setting which are available through an online portal. p 4*</p>
	<p>Collaborate with school systems to support and empower families in their continued role as their child's lifelong educators.</p>	<p>The <i>Conscious Discipline Parent Education Curriculum</i> seeks to unite schools and homes in the common goal of helping children be successful, both in the moment and in life. p 1*</p> <p>The Open House, Parent Nights, Home Visits and Mini-Sessions empower parents with social-emotional skills and enhance the child's social, emotional and academic performance.</p>
	<p>Promote cross-service area teamwork.</p>	<p>The <i>Conscious Discipline Parent Education Curriculum</i> includes an Open House, seven Parent Nights, four Home Visits and twelve Mini-Sessions that both education and family engagement staff can customize to design a parent education plan that best suits the needs of the families in the program.</p>

	Head Start Standard	Conscious Discipline Alignment
CONTINUOUS IMPROVEMENT	Use self assessments, related surveys and staff service integration meetings to better understand the effectiveness of family-staff relationships with respect to teaching and learning.	The <i>Conscious Discipline Parent Education Curriculum</i> includes free implementation guides for educators and parents, cultivating reflection, planning and goal-setting which are available through an online portal. p 4*
	Use information from the self assessment and related surveys to improve staff-family relationships and to strengthen family literacy practices.	Conscious Discipline provides several assessment tools applicable to both programs and families to help assess implementation level, identify existing strengths and identify areas for growth. p 5-6*
PROFESSIONAL DEVELOPMENT	Include teachers and teachers' assistants in parenting education sessions so parents and teachers can share information about child learning and development and program curriculum.	The <i>Conscious Discipline Parent Education Curriculum</i> includes an Open House , seven Parent Nights , four Home Visits and twelve Mini-Sessions that both education and family engagement staff can customize to design a parent education plan that best suits the needs of the families in the program.
PROGRAM ENVIRONMENT	Welcome families to observe and participate in their child's classroom (or home-based) activities.	The School Family model within Conscious Discipline provides a shared power model that creates an optimal learning environment in the classroom for children, parents and staff. The School Family provides a sense of safety and belonging that welcomes parents as partners in their child's education.
	Support and encourage parents to share tips on everyday learning practices with staff and other families.	The <i>Conscious Discipline Parent Education Curriculum</i> includes an Open House and seven skill-based parent education events called Parent Nights that last 50-60 minutes each. Parents learn how to implement the powers, skills and structures of Conscious Discipline while being active participants in a safe, connected, compassionate family of learners. p VIII*
FAMILY PARTNERSHIPS	Support relationships between parents and their children as part of the foundation for interactions in early learning.	Home Visits: Four highly interactive in-home meetings, lasting 40-60 minutes each. Visits may be used individually, together over the course of the year or combined with mini-sessions to create a high-frequency program a home visitor might use. p 87*
	Provide opportunities and support parents in working toward their own literacy goals.	Adults working toward their own literacy goals will be encouraged through reading the <i>Sophie</i> board books and reciting the interactive <i>I Love You Ritual</i> rhymes included within the Curriculum components. Implementation guides for educators and parents to cultivate reflection, planning and goal-setting. p 4*
TEACHING AND LEARNING	Consistently connect with families to gather child information and parent observations to inform teaching.	Conscious Discipline provides several assessment tools for educators and administrators that correlate between the home and school. p 5-6*
	Share information about children's social, emotional and cognitive development and the importance of the home language (with families of children who are dual language learners).	Home Visits and Mini-Sessions are designed to share information with parents in the home environment and are adaptable to best support the families' needs.
	Share information about approaches that promote child outcomes outlined in the Head Start Early Learning Outcomes Framework.	The Open House , Parent Nights , Home Visits and Mini-Sessions build on parents' knowledge and offer opportunities to practice parenting skills to promote children's learning and development.
	Engage parents in conversations where child assessment data is shared and parents learn about children's progress.	Conscious Discipline provides several assessment tools applicable to both programs and families to help assess implementation level, identify existing strengths and identify areas for growth. p 5-6*
	Use a database/management information system that is accessible to families and that assists teachers in sharing child assessment information in an understandable, family-friendly format.	The <i>Conscious Discipline Parent Education Curriculum</i> includes free implementation guides for educators and parents, cultivating reflection, planning and goal-setting which are available through an online portal. p 4*
COMMUNITY PARTNERSHIPS	Support family experiences with community resources that support children's learning and development, such as libraries and museums.	The <i>Conscious Discipline Parent Education Curriculum</i> helps parents learn evidence-based discipline strategies, practice new skills, enhance their social-emotional intelligence and increase their confidence as parents and build a sense of community. p 4*
	Share information about children's social, emotional and cognitive development and the importance of the home language (with families of children who are dual language learners).	

4. Families as Learners

Parents and families learn about their child's personality, development, and learning style. They also advance their own learning interests through education, training, and other experiences that support their parenting, careers, and life goals.

The *Conscious Discipline Parent Education Curriculum* includes highly customizable components to meet the needs of parents across cultural and socio-economic lines. It empowers programs to help parents learn evidence-based discipline strategies, practice new skills, enhance their social-emotional intelligence, increase their confidence as parents and build a sense of community. p 4*

5. Family Engagement in Transitions

Parents and families encourage and advocate for their child's learning and development as they transition to new learning environments within and between, *Early Head Start, Head Start, early childhood services, early elementary grades, and beyond.*

Conscious Discipline empowers us with the mental shifts and practical skills to "Be the change we want to see in the world," so we become instruments of positive transformation in our own lives and in the lives of children. Through this Parent Education Curriculum, educators are able to extend this transformation into the home by establishing a proven outreach program with parents. p 1*

6. Family Connections to Peers and Community

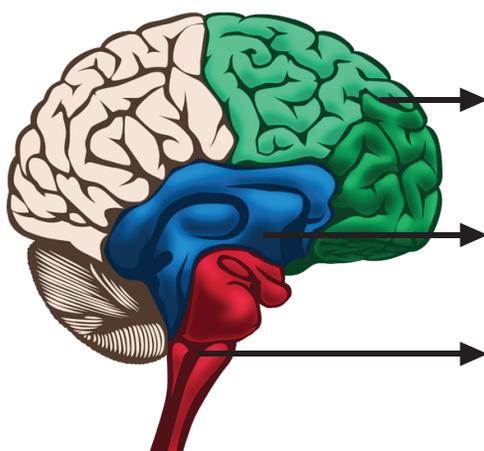
Parents and families form connections with peers, mentors, and other community members in formal or informal social networks. These networks are supportive and educational. They honor and are inclusive of families' home language and culture, and they enhance families' social well-being and community life.

The *Conscious Discipline Parent Education Curriculum* includes **Parent Nights** which create a compassionate learning environment for parents to learn and practice skills to create a safe, connected, problem-solving family. Parents get to experience how powerful it is to be part of a safe, connected, problem-solving Parent Night Family! p 17*

7. Families as Advocates and Leaders

Parents and families advocate for their children and play leadership roles in *Head Start and Early Head Start.* They participate in decision-making, policy development, and organizing activities in communities and states to improve children's safety, health, development, and learning experiences.

The Conscious Discipline Brain State Model teaches three basic brain states:



Executive State

Need: Problem-solving opportunities

Looks like: Wisdom, unlimited skills

Message: What can I learn?

Emotional State

Need: Connection

Looks like: Back talk, sass, yelling, verbal reactions

Message: Am I loved/connected?

Survival State

Need: Safety

Looks like: Hiding, fighting, surrender, physical reactions

Message: Am I safe?

Conscious Discipline empowers us to be conscious of brain states in ourselves and recognize that our own integrated brain state allows us to be effective advocates and leaders. p 13*

* Page numbers reference the *Conscious Discipline Parent Education Curriculum*.