



## Conscious Discipline®

**RCOE-MHSP** has adopted Conscious Discipline *Parent Education Curriculum* to support parent involvement in their child's education. To integrate parent and family engagement strategies into all systems and program services to support family well-being and promote children's learning and development.

Each center should follow guidelines for *Parent Education Curriculum* as outlined in this policy.

*Parent Education Curriculum* consists of **Four Key Areas: Open house, Parent nights, Home visits and Targeted mini sessions.** They will be implemented consistently to link classroom and family engagement activities and to strengthen parent child interaction and connection with the school community through the following activities and events

### 1. Open house – once during program year

Activities to be conducted during **open house**:

- School welcome
- Classroom welcome
- All about school
- Connections
- Make and take
- Closing rituals
- Goodbye



### 2. SELECT 2 SKILLS TO BE COVERED during monthly *parent night/meetings*

- Composure
- Assertiveness
- Encouragement
- Choices
- Empathy
- Positive intent
- Consequences



Skill: **Assertiveness**



Skill: **Choices**



Skill: **Consequences**

### 3. Select one skill to be discussed during *CA's Home visits*

- Composure
- Encouragement
- Positive intent
- Empathy



Skill: **Composure**



Skill: **Encouragement**



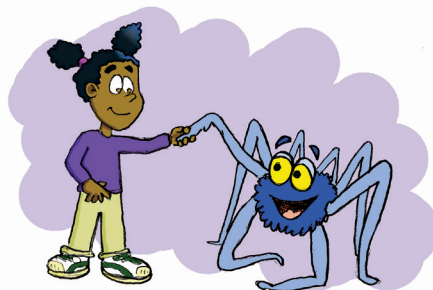
Skill: **Positive Intent**



Skill: **Empathy**

#### 4. Targeted *mini sessions* to be conducted during monthly *parent meetings*

- Scaffolding success with visual routines
- Build your own I Love You Rituals
- Strengthen attachment with baby doll family time
- Encourage children
- Plan your safe place self-regulation center
- Coach the safe place in times of calm and upset
- Wish well to help ourselves and others
- Help kids contribute with “Way to be Helpful”
- Decrease power struggles with assertiveness training
- Celebrate with togetherness instead of sticker reward and other
- Help children handle big emotions through empathy
- Resolve conflict with problem solving language



#### Connection to classroom activities/curriculum

I Love You Rituals are simple but meaningful activities that would become a routine at home, centers and FCCs.

- They ARE delightful interactions and games that ADULTS can play with children from infancy through eight years old, and that send the message of **unconditional acceptance**.
- Example: ARRIVING HOME.....
- I LOVE YOU RITUAL ARE GIFTS OF LOVE FOR CHILDREN
- THE MAIN GOALS OF RITUALS IS **CONNECTION**

#### The Four Objectives Of I Love You Rituals

1. I Love You Rituals optimize child's brain for success at school and in life
2. I Love You Rituals increases learning potential and affect through touch
3. I Love You Rituals create loving rituals that hold families together even through the roughest time (common BD rituals, to good night ritual, chores etc.) for the purpose of connecting.
4. I Love You Rituals strengthen the bond between adults and children that insulates children from drugs, violence and peer pressure. Laying the foundation for mental and emotional health

The secret ingredients appear to be **eye contact, touch, bonding, and playful situations**

Community Assistants, Teachers and Managers as appropriate will receive ongoing training, at least twice during the program year, on how to implement *Parent Education Curriculum*.