

# Parent Education Conscious Discipline

Conscious Discipline is an evidence-based program that helps us understand internal brain/body states in relation to discipline and learning.

# Week Five: Empathy

## Power of Acceptance

The Power of Acceptance is choosing to accept the moment is as it is. It is mindfulness in action.

There's a misconception equating acceptance with passivity or settling. We can accept the moment and still have a preference for a different way. Acceptance is the acknowledging of "what is" without getting wrapped up in what "should be."

# Week Five: Empathy

## Power of Acceptance

It's not that your child should be able to lie down for a nap without throwing a fit in resistance. Your child is resisting sleep. Accept that s/he's frustrated he/she can't keep playing.

All upset stems from resistance. Resistance keeps us stuck in an Emotional State and eats up a whole lot of energy. When we accept the moment as it is, we can use all that energy to manage our feelings and move from problem to solution.

# Week Five: Empathy

## Skill of Empathy

Empathy requires us to listen to children's feelings and thoughts without the need to change them. Our typical reaction to young children's upset is often, "you're fine," or, "It's okay," or to distract them with a toy, phone or snack. Unfortunately, not of that does anything to help children manage their feelings. We can only teach children to manage their emotions when we first use the Power of Acceptance and the Skill of Empathy.

# Week Five: Empathy

Accepting the moment and empathizing with children does not change the limits we set on their behavior, it helps children become better able to accept the limits we set. The D.N.A. process provides us with a concrete formula for providing empathy in order to help children manage their emotions.

D stands for Describe.

N stands for Name

A stands for Acknowledge

# Week Five: Empathy

**Describe:** Describe what you see. “Your face is going like this.”

**Name:** When the child makes eye contact, Name the feeling. “You seem angry.”  
Using a questioning tone so the child can correct you if you misinterpret the feeling.

**Acknowledge:** Quickly follow by Acknowledging their desire. “You wanted a turn and didn’t know how to ask.” If you have no idea what happened, ask, “Something happened?”

# How to do the D.N.A. Process



“DNA”

**D**escribe

Your eyes are going like this,  
your mouth is going like this,  
your hands are going like this

**N**ame



*eye contact, download  
calm by breathing*

You seem \_\_\_\_\_

**A**cknowledge

You wanted \_\_\_\_\_

You were hoping \_\_\_\_\_

So the first thing you're going to do,  
the “D” stands for describe.

# Week Five: Empathy

Accurately identifying feelings is a key component of empathy. The mini poster shows visuals of eight common feelings. When using the D.N.A. process with children, we must be certain to use a feeling work for the name component. Once we identify our feelings, we can then begin to manage them.





