

# 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 Four: Intent

## Power of Love

The Power of Love asks us to guess something positive rather than something negative. Assuming negative intent preps us for distress, defensiveness and damage control, basically stressing our systems. Assuming positive intent preps us to wish well, teach and be helpful, basically soothing our systems.

Since we make up others people's intent, don't you think it's better to make up something positive?

The way we see children colors their world and ours. The Power of Love asks us to always see the best.

# Week Four: Intent

## Positive Intent

Positive intent is a conscious choice to teach instead of punish. Teaching allows children to learn from their mistakes. First we use the Power of Love to attribute positive motives to the child's behavior. This keeps us in an integrated Executive State. Then we are able to teach and help children shift to an Executive State so they are able to learn.

Positive intent allows a child to make a mistake and recover. It helps everyone involved focus on finding solutions instead of placing blame and making judgements.

# Week Four: Intent

## Positive Intent

Positive intent is always our first step. We must see children differently in order for them to behave differently. Once we can see the behavior as a call for help, we are able to identify the missing skill behind the behavior and A.C.T. to teach that missing skill.

Acknowledge the child's desire. Use the phrase "You wanted\_\_\_\_\_."

Clarify the skill to use. "When you want\_\_\_\_\_, say (or do)\_\_\_\_\_."

Take time to practice. "Do it now for practice." or "Let's do it together for practice."