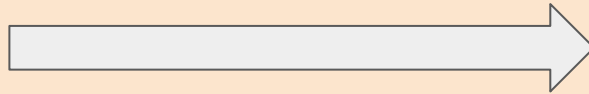


Parent Education Conscious Discipline

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

Week One: Composure

The Power of Perception: No one can make angry without your permission. How many times have you caught yourself saying something like, “Look what you made me do!” “You are driving me nuts!” or “Don’t make me pull this car over!” Statements like these say that someone else is in charge of us. The Power of perception puts us in charge of ourselves. It allows us to model the behaviors we want to see, and to be the person we want our children to become.



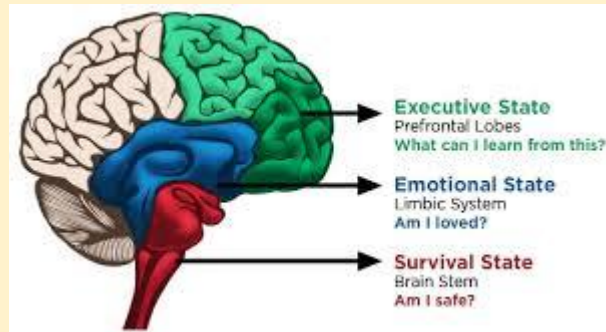
Week One: Composure

Inner State: The phrase we use to describe what's going on inside us. Sometimes our inner state feels calm and composed. Sometimes it feels whiny, angry or overwhelmed. In Conscious Discipline, we use a brain state model to help simplify and understand the complex workings of our brain. We break it all down into three basic mind/body states:

Survival State

Emotional State

Executive State



Week One: Composure

Survival State: Triggered when we feel threatened. It doesn't matter if the threat is physical or social, real or imagined; it only matters that we feel unsafe. The Survival State skills are physical reactions like fight, flight or surrender. When we feel unsafe, we have a really limited skill set.



Survival State
Represented by the Brain Stem



Functions:

- Survival systems
- Modulate states of arousal
- Unconscious
- Online at birth

Developmental need:
Safety


Consciousness

Week One: Composure

Emotional State: Triggered when life doesn't go our way. These skills are more verbal like whining, name-calling, blaming, judging, backtalk, tattling and sass. When we're in an Emotional State, we can really only express ourselves in these mouthy, not-so-helpful ways.

Emotional State

Represented by the Limbic System



Functions:

- Emotional tone, flexible or rigid, positive or negative
- Tags events as internally important
- Motivation system
- Attention system
- Attachment, relationships, territory
- Stores highly charged emotional memories
- Controls appetite and sleep cycles
- Unconscious
- Comes online with, "No!"


Developmental need:
Connection

Conscious Discipline

Week One: Composure

Executive State: This is a calm, alert and composed state. It is the only internal state from which we can learn and problem-solve. This is the integrated brain/body state where we say the right thing at the right time and life goes smoothly.


Executive State
Represented by the Prefrontal Lobes



Functions:

- Impulse control/self-control
- Empathy
- Working memory
- Sustained attention
- Planning, prioritization, initiation
- Organization, time management
- Goal persistence
- Online with, "why?"

Developmental need:
Problem-solving in social settings

 Connecticut Discipline

Week One: Composure

The skill of Composure helps us reclaim our power by learning to actively calm ourselves in times of distress. When children's behavior triggers a feeling within us, composure creates a pause that allows us to choose to behave in ways that are helpful and model behaviors we hope children will use. As parents, your internal state helps to regulate your children's states. Your child cannot be in a higher state than you. If you want your child to be able to learn and problem solve, then you both must be operating from a calm, Executive State.

Week One: Composure

Active calming is a three-step process:

1. Take three deep S.T.A.R. breaths. **S**mile, **T**ake a deep breath **A**nd **R**elax.
2. Affirm to yourself, “I am safe. Keep breathing. I can handle this.”
3. Wish well by opening your heart and seeing the preciousness of the person with who you are interacting.





S.T.A.R

Stop!

Take a
deep
breath!

&

Relax!



Breathe
in your
nose and
let it out
your
mouth!



Hands in
front, fist
tight, and
let it all
go!



Cross your
arms.

Pull your
arms up.

Cross your
feet.

Put your
tongue on top
of your
mouth.



Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "ssshhh" sound and release all your muscles, draining out the stress.



S.T.A.R.

Smile, **T**ake a deep breath **A**nd **R**elax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbpbpbpb" sound.