

# 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 Two: Assertiveness

Assertiveness is clear communication that focuses children's attention on what we want them to do. Clear communication is essential for children to meet our expectation as and for setting limits respectfully.

Assertiveness is how we teach children that words have more power than hitting. We must be assertive with children in order for them to learn to be assertive with each other.

# Week Two: Assertiveness

Assertiveness requires the following:

1. Focusing on the behavior we want to see.
2. The intention of helping children be successful.
3. A tone of voice that has no doubt.
4. Descriptive language and motions.

# Week Two: Assertiveness

## 1. Focusing on the behavior we want to see:

Our first reaction is often “no,” “don’t,” or other negative thought. We must flip our thoughts about what we don’t want so we can focus on what we do want. “Don’t run” becomes “walk.” We might choose to use “Stop” on occasion, but we must follow up immediately by stating the specific behavior we want to see. “Stop! Wait for me before you go down the stairs.”

# Week Two: Assertiveness

## 2. The intention of helping children be successful:

We can say the right words, but if our intent is to punish the children for being bad, this will shine through in our body language and tone. Breathe deeply to help focus every cell in your body on teaching and helping children be successful with a new skill.

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## 3. A tone of voice that has not doubt:

The voice of no doubt is the same matter-of-fact voice you would use to say, “The sky is above me.” A voice that is aggressive and harsh, or passive and questioning actually invites children to challenge us. An assertive voice is always clear, matter-of-fact and calm.

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4. Descriptive language and motions that clearly communicate the desire goal:

Use words, gestures and anything else you can think of to paint a crystal clear picture of the action you want. The clearer you are in your communication, the more likely children are to comply.

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## **Name, Verb, Paint:**

A process that helps us to provide assertive commands so children are better able to meet our expectations.

**Name:** Make eye contact and say the child's name.

**Verb:** A verb is an action word. State the action you want to see.

**Paint:** Paint a picture of what you want the child to do using words and gestures.



# Week Two: Assertiveness

## Visual Routines:

Provide predictability and consistency in order to help children feel safe. It is also easier for children to comply when the expected behaviors are crystal clear.

### Bedtime Routine

Bath Time	Brush Teeth	Put on Pajamas	Comb Hair	Read Books	Lights Out
					

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## Visual Routines:

If there is a time in your household that is often chaotic, then that is a time when a visual routine would be helpful. Think of a trouble spot in your day. You are going to create a visual routine to clarify the expectations for that event.

- Involve your child in determining the steps and then take a photo of him/her doing each step.
- List the steps for a workable routine for that trouble spot.
- Limit yourself to no more than six steps but don't feel like you need to use all six.