

### **CONSCIOUS DISCIPLINE**

This Conscious Discipline guidelines handout enhances the video presentation by Jeanne Yamabayashi, CBS Program Manager from COMCARE during a CMHC~ICE Training. Conscious Discipline is a comprehensive social-emotional learning and classroom management program based on current brain research.

The Conscious Discipline program is:

- Empowering for both professionals and clients
- Relationship-based
- Designed to create problem solvers

### **ENCOURAGE COOPERATION NOT COMPETITION**

Competition: I like the way Kate is sitting quietly.

Cooperation: Please sit with your hands in your lap, like this.

Place value on a service:

- Help someone read, pass out materials.

Teach values:

- Saying “thank you” pleases me.
- Saying “good job” pleases others.
- Saying “you did it” celebrates their success.

### **UNDERSTAND THE BRAIN**

Brainstem

- High arousal state - reptilian part of the brain
- High alert - fight, flight, freeze survival instincts (can't think, just react)
- Running off, fighting, biting

Limbic or Mid Brain

- Can talk a little, but still not able to process and problem solve
- Name calling

Frontal Lobe

- Can use words
- Can problem solve (talking and processing)
- Can learn new things

### **I LOVE YOU RITUALS**

I Love You Rituals should have eye contact, touch, presence and playfulness. Use at home as part of your bedtime ritual, before or after separation, or anytime there has been some change.

Goal 1: Optimize child's brain for success.

- Increase attention span
- Increase cooperation
- Decrease power struggles

Goal 2: Increase your learning potential and effectiveness through touch.

Goal 3: Create loving rituals that hold families together even through the roughest times.

Goal 4: Strengthen the bond between adults and children laying the foundation for mental and emotional health.

### **RESOURCES**

See [consciousdiscipline.com](http://consciousdiscipline.com) for printable posters, videos, tools, activities, and song lyrics.

See [youtube.com](http://youtube.com) (search conscious discipline) for videos of techniques and educational presentations.