Example of a “Conscious Discipline Structure” in the Entryway of a Home

The foyer is a point of entry and exit in your home. It bids your family members farewell when they venture out into the world and welcomes them back when they return. Discover ways to integrate Conscious Discipline into your foyer to create an orderly and welcoming space, provide important reminders, and set the tone for a successful day at school and work.

1. Picture Rules
2. Visual Expectations
3. S.T.A.R.
4. Family Agreements
5. Visual Expectations

(Continued)
How to Use Visual Expectations in the Entryway

Visual Expectations show children exactly what to do in a given situation. The more information we give children about our expectations, the more likely they are to cooperate and succeed. Set the expectation, show the expectation with pictures, teach the expectation multiple times, practice it together multiple times, encourage, refer to the visual expectation often (“Oops! Look at the picture and then look at your jacket to see what you need to do.”) and then celebrate your child’s success (“You did it! You hung up your jacket!”).

The “visual” part of your Visual Expectations is essential because the right hemisphere of the brain processes information in images. The right hemisphere is also in charge of self-regulation. Showing visual images of acceptable behaviors speaks directly to the self-regulatory right hemisphere, increasing the effectiveness of this parenting tool.

Notice all the different Visual Expectations posted in the foyer. There is an image of a neatly hung jacket, a picture checklist for school items, a reminder to S.T.A.R. breathe and a set of Picture Rules for the shoe cubbies. What Visual Expectations would help your day run more smoothly? Commit to snapping photos for just one Visual Expectation today and see the improvement for yourself.

Hang Up Your Coat and Backpack

Taken from the Conscious Discipline Website at: https://consciousdiscipline.com/free-resources/shubertshome/entryway/visual-expectations/#examples