CONSCIOUS DISCIPLINE by Dr. Becky Bailey

Conscious Discipline is a program that is designed to allow parents and teachers to notice and foster their own emotional intelligence, so they can guide and facilitate their children and students. It is a philosophy for professional and personal life. Conscious Discipline is rooted in brain and heart research. It is about relationship-based parenting and teaching and building community. The ultimate goal is connecting and creating a safe and caring environment for learning along with growing and building the biological and school family.

Seven Basic Skills of Discipline:

1. Composure: becoming the person you want children to be
2. Encouragement: building a strong biological and school family
3. Assertiveness: Saying “no” and being heard
4. Choices: Building self esteem and willpower
5. Positive Intent: Creating teaching moments
6. Empathy: Handling the fussing and the fits
7. Consequences: Helping children learn from their mistakes.

In order to utilize these skills, there are powers for self control that are associated with each:

1. Power of Perception: no one can make you angry without your permission (Composure)
2. Power of Unity: We are all in this together (Encouragement)
3. Power of attention: What you focus, you get more of (Assertiveness)
4. Power of Free Will; The only person you can make change is yourself (Choices)
5. Power of Love: See the best in others. (Positive Intent)
6. Power of Acceptance: This moment is at is (Empathy)
7. Power of Intention: Mistakes are opportunities to learn (Consequences)

Research says that children must feel safe, worthy and connected in order for learning potential to be maximized. Conscious Discipline gives parents and teachers the tools to create a family environment that embodies this. It is about being assertive with children in a respectful way, teaching them and empowering them to make healthy and helpful choices for themselves and others.