

Conscious Discipline for Parents

Parents,

Park Community Charter School has been practicing Conscious Discipline school wide since 2012. The program is based on brain science and helps adults and students manage their emotions. It builds intrinsic motivation in everyone to do what is right for our school family. The program was developed by Dr. Becky Bailey and it's implementation here has truly transformed our school. It is our hope that this handbook will help you understand what makes this program special and how you may be able to connect what we do here with your own family at home.

Wishing You Well!

Kenneth D. Kortens

Principal

Park Community Charter School

What is Conscious Discipline?

Conscious Discipline is a comprehensive classroom management program and a social-emotional curriculum. It is based on current brain research, child development information, and developmentally appropriate practices. Conscious Discipline has been specifically designed to make changes in the lives of adults first. The adults, in turn, change the lives of children.

Conscious Discipline is a way of organizing schools and classrooms around the concept of a School Family. Each member of the family—both adult and child—learns the skills needed to successfully manage life tasks such as learning, forming relationships, communicating effectively, being sensitive to others' needs and getting along with others.

Conscious Discipline empowers teachers and other adults with the Seven Powers for Self Control. These powers change the adults' perception and relationship with conflict, empowering them to be proactive instead of reactive during conflict times. These core beliefs strengthen our utilization of the frontal lobes of the brain. The frontal lobes are to the brain as a conductor is to an orchestra. The frontal lobes are our moral leader.

From the beliefs instilled with the Seven Powers for Self Control emerge the Seven Basic Skills of Discipline. These skills change how adults respond to conflict in such a way as to facilitate the development of the frontal lobes in children. The Seven Skills are the only skills an adult needs to constructively transform conflict into teaching moments. Through the Powers and Skills, adults stay in control of themselves and in charge of children.

As adults begin to change their attitudes and behaviors, so will the children in their care. We cannot teach behaviors and skills that we do not possess ourselves. Dr. Becky Bailey, the author of Conscious Discipline, originally designed the program for classrooms, but the Brain Smart strategies imparted by the Seven Powers for Self Control and the Seven Basic Skills of Discipline are seamlessly applied to all human interactions. She has since developed Conscious Discipline for parents and Brain Smart strategies for businesses.

Research on brain function shows that learning takes place in an emotional and behavioral context. When children can attach academic skills to feelings and actions that are part of their everyday world, they are more likely to use those skills. Conscious Discipline creates a “School Family” that fosters meaningful academic and social learning together.

Every classroom management system must have a core motivator. The motivator in Conscious Discipline is the School Family. Connection, belonging and contribution within the School Family create cooperation among children. Students are intrinsically motivated to be helpful, responsible and caring classroom citizens.

Conscious Discipline is specifically designed to teach the following:

- Anger management
- Helpfulness (pro-social skills)
- Assertiveness
- Impulse Control
- Cooperation
- Empathy
- Problem solving

Real-life conflict and challenging situations serve as character education curriculum for the Conscious Discipline classroom. Conflict is viewed as a teaching opportunity and adults are empowered to transform it into a valuable lesson. Character education is part of everyday life, not an activity that occurs separately.

Conscious Discipline builds self-esteem by addressing children's universal need to be generous and contributing members of a group. Each child holds a job and is responsible for the effective running of the classroom.

Conscious Discipline moves a step beyond positive discipline by helping adults become conscious of themselves. This consciousness increases effectiveness and fosters a reflective, thinking mind by strengthening the frontal lobes of the brains of those who exercise its principles. The frontal lobes are the "CEO" of the brain. They allow impulse control, problem solving, empathy and proactive strategies during difficult situations.

Consciousness allows adults to teach by example. Example is, by far, the most powerful teaching technique available. Children who observe discrepancies between what is "practiced" and what is "preached" are likely to imitate the behavior they see modeled. You must model calmness, respect, responsibility, etc. if you want children to display calmness, respect, responsibility, etc.

Conscious Discipline links home and school, as the School Family is seen as an extension of the home family. The School Family provides the infrastructure in the classroom to handle difficult life events in a child's life, in the community and in the world.

Conscious Discipline operates on a basis of creating physical and psychological safety for children. Research shows that the brain functions optimally in a safe, stimulating environment. This principle is at the program's core.

How Does it Work?

Conscious Discipline is built around seven skills and multiple classroom structures that support that skill. By clicking on the skill below you will be taken to a page with information on the skill and the related power. The classroom structures that are used in every classroom are found in the School Family section of each page.

- [Composure](#)
- [Assertiveness](#)
- [Encouragement](#)
- [Choices](#)
- [Empathy](#)

- [Positive Intent](#)
- [Consequences](#)

Come See it in Action!

One of the best ways to learn about Conscious Discipline is to visit your child's classroom during a brain smart start. The Brain Smart Start is a part of everything we do in our school. Every classroom has a Brain Smart Start each day. All of our assemblies and staff meetings contain components of a Brain Smart Start. Even our morning announcements have components of a Brain Smart Start.

Every Brain Smart Start has the following components:

- **Activity to Unite:** The activity to unite as a School Family involves everyone doing something together. It builds connection, fosters a sense of safety and releases endorphins.
- **Activity to Disengage Stress:**It prepares the brain for learning and turns off the stress response. This usually involves stretching, yoga, and always breathing.
- **Activity to Connect:**The activity to connect helps to maintain focused attention and the motivation to learn.
- **Activity to Commit:** The activity to commit oneself to learning involves affirmations and positive thinking. Commitments prime the brain for success and actively engage the prefrontal lobes.

Conclusion

Conscious Discipline works! We have seen a dramatic reduction in office referrals over the time we have used the program. We continually hear from parents and visitors that our school "feels different" in a positive way. We have benefited from extensive training in the program through the generous donations from parents and community members in our various fundraisers over the years. Without this training and the all in for kids commitment of our staff we would not be where we are today. If you have any questions about this program feel free to contact me at kortensk@kaukaunasd.org. You can also learn about our school by following me on twitter [@kortensk](#) or by liking our [Facebook Page](#).

Kenneth D. Kortens
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Additional Video Resources

- [What is Conscious Discipline YouTube Video by Dr. Becky Bailey](#)
- [How To Make A Bully \(From Scratch\) - Using Conscious Discipline to Prevent Bullying](#)
- [Dr. Becky Bailey at TEDx - Wiring the Brain for Success](#)
- [Dr. Becky Bailey on PBS - Shifting from Fear to Love](#)

References

Bailey, B.A (2011) *Managing Emotional Mayhem: The Five Steps for Self-Regulation*. Oviedo, FL; Loving Guidance, Inc.

Bailey, B.A (2011) *Creating the School Family: Bully-Proofing Classrooms through Emotional Intelligence*. Oviedo, FL; Loving Guidance, Inc.

Bailey, B.A (2015) *Conscious Discipline: Building Resilient Classrooms*. Oviedo, FL; Loving Guidance, Inc.