

Conscious Discipline® is a trauma-informed, brain-based self-regulation program combining discipline, social-emotional learning and school climate into one integrated process.



Visit Us in the Hallway at
Table #19

Upset: The Key to Taking Responsibility

Presented by Dr. Becky Bailey

“Discipline is not something we do **to** children, it is something we develop **within** them.” – Dr. Becky Bailey

- Children are genetically wired to be compassionate
- Children are genetically wired to be in relationship

Empathy comes from the Power of Acceptance: the moment is as it is.

- Negating the moment, negates you and everyone in it
- Acceptance is mindfulness in action



Whomever you believe to be in charge of your feelings you have placed in charge of you.

The Key to Emotional Regulation and Secure Attachment is Empathy

D.N.A. Process

D.N.A. helps us teach instead of punish, and increases children’s willingness to learn and use new skills.

D: Describing: Helps child become aware of nonverbal expressions

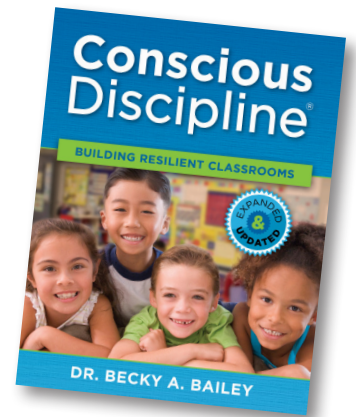
“Your ___(eyes, face, hands etc.)___ are going like this.”

N: Naming: Gives those nonverbal expressions and sensations a name (Educated guess).

“You seem ___(sad, angry, disappointed, frustrated, etc.)___.”

“You sound _____.” “Your body is telling me you might be feeling _____.”

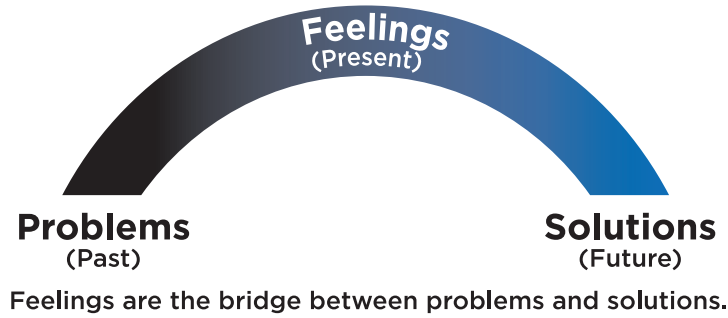
A: Acknowledging: Provides conscious awareness of our true goals and aspirations. Setting-up for problem solving or plan of action. “You wanted _____.” Or “You were hoping _____.” If you aren’t sure what the child wants, take your best guess. The child will clarify.



TRAUMA-INFORMED



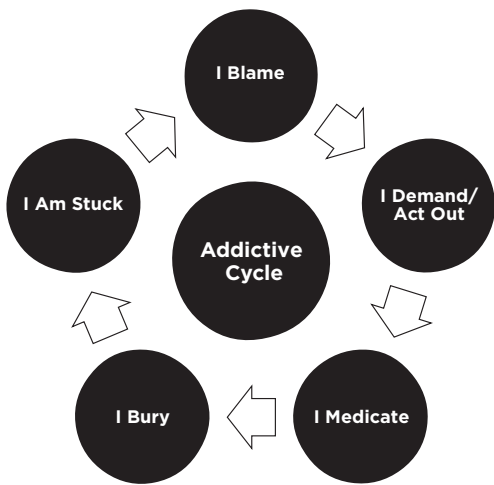
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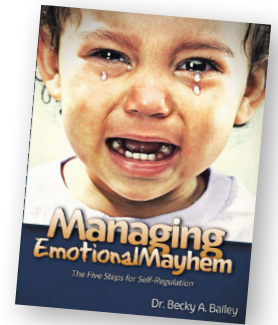
Downloading Calm

1. Describe child's nonverbal actions until they make eye contact
2. Take several S.T.A.R. or belly breathes slowly

The Cycle of Self-Sabotage



The Self-Regulation Success Cycle



The Shubert and Sophie series of books are designed to build character through conflict for both children and adults.

Building Trauma-Sensitive Classrooms and Schools: 7 Strategies for Teachers and Administrators 2-Day Workshop

October 19 – 20 | Phoenix, AZ



Presented by:
Dr. Becky Bailey
Author, Educator and Founder
of Conscious Discipline



Presented by:
Jill Molli
Conscious Discipline
Master Instructor

Register now at: [ConsciousDiscipline.com/Workshops](https://www.consciousdiscipline.com/workshops)

Facilitators may change without notice.