

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**

# 4 Essential Readiness Ingredients Every Child Needs

Presented by Dr. Becky Bailey

**Optimal State for Learning = Relaxed Alertness**  
Low Stress and High Challenge.

## State Dictates Behavior

We are working backwards.  
Change the state first, the behavior second.

**Self-regulation is the one essential skill for the following:**

- Predicts children's academic success and happiness throughout life
- Allows delay of gratification
- Empowers to set and achieve goals despite obstacles
- Creates and sustains healthy relationships
- Develops empathy and problem solving
- Fosters integrity so life values are held true

Self-regulation is the ability to regulate our thoughts, feelings and behaviors in service of a goal. It is the *pause* between the stimulus and the action. It takes two people to achieve this. We, as adults are co-regulators of children.

## ESSENTIAL INGREDIENT #1 = A Felt Sense of Safety

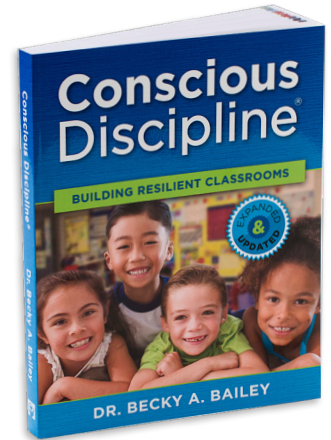
- My job is to keep you safe
- Your job is to help keep it safe
- Intention is the key

### Upload Composure: Active Calming

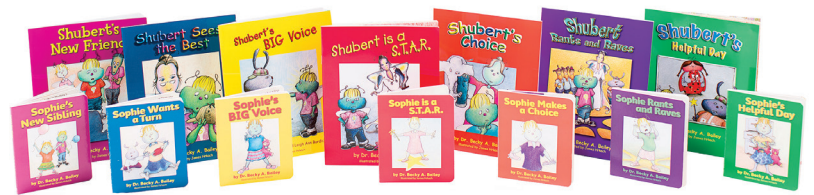
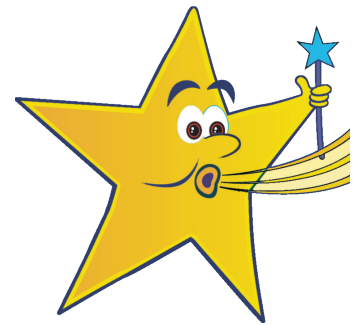
- S.T.A.R. Breathing
- I'm Safe, Keep Breathing, I can handle this
- Wish Well

### Download Calm

- Your \_\_\_\_\_ (arm, face, finger) is going like this (demonstrate).
- As soon as child looks at you, be a S.T.A.R. and wish well (downloading).
- You might say, "You're safe. Breathe with me."



**TRAUMA-INFORMED**



EC Arlington, TX 2018

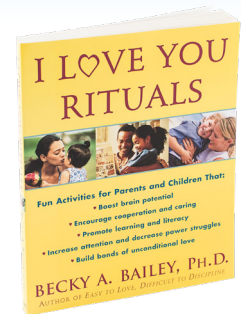
# 4 Essential Readiness Ingredients Every Child Needs

(Continued)

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## ESSENTIAL INGREDIENT #2 = Face-to-Face Connection

- Connection wires the brain for impulse control and willingness
- Connection involves eye contact, touch and presence in a playful situation
- Face-to-Face gives joy juice which is equal to a dose of Ritalin for attention
- I Love You Rituals™
- Baby Doll Circle Time™
- Greetings



## ESSENTIAL INGREDIENT #3 = Problem Solving

**Victim first:** "Did you like \_\_\_\_\_. Tell her next time \_\_\_\_\_."

**Aggressor second:** "You wanted \_\_\_\_\_. When you want \_\_\_\_\_, do/say \_\_\_\_\_."

## ESSENTIAL INGREDIENT #4 = You

### BECOMING SOMEONE'S PERSON - ATTACHMENT

