

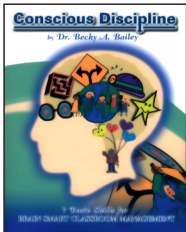
**Booth
#732**

Fostering Self-Regulation in All Children

Presented by Dr. Becky Bailey

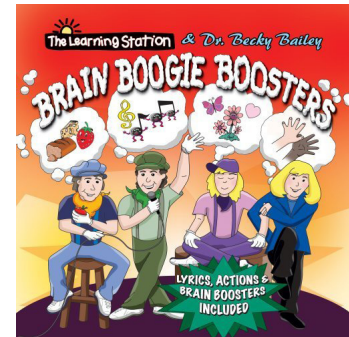
Conscious Discipline®

A comprehensive emotional intelligence and classroom management program consisting of Brain Smart® strategies for responding rather than reacting to life events. Through responding, conflict moments are transformed into cooperative learning opportunities.



Conscious Discipline is an evidence-based program that:

- Increases academic achievement
- Decreases problem behaviors
- Improves the quality of relationships: Student to student, teacher to student, parent to child, teacher to parent, co-worker to co-worker



Brain Boogie Boosters
"Watch Me Listen"

Self-regulation: The ability to regulate our thoughts, feelings and actions in service of a goal.

If we are going to teach children how to self-regulate we must first learn how to do it ourselves. We must "walk the talk" or demonstrate it in our lives.

Research (Hirschstein et. al, 2007) indicates that:

- Talking the talk: doing lessons with children yields little, if any success.
- Walking the talk: Adults modeling self-regulatory skills yields great success.

Self-regulation requires the self acting on itself. Emotions and thoughts are not the self, but are felt and thought by the self (Schmeichel & Baumeiser, 2004).

We must become conscious of the mind and the imagined self at all times. There must be two levels of consciousness for one to regulate the other. If we allow ourselves to become our feelings, thoughts and actions, we are left completely unregulated without a solution.

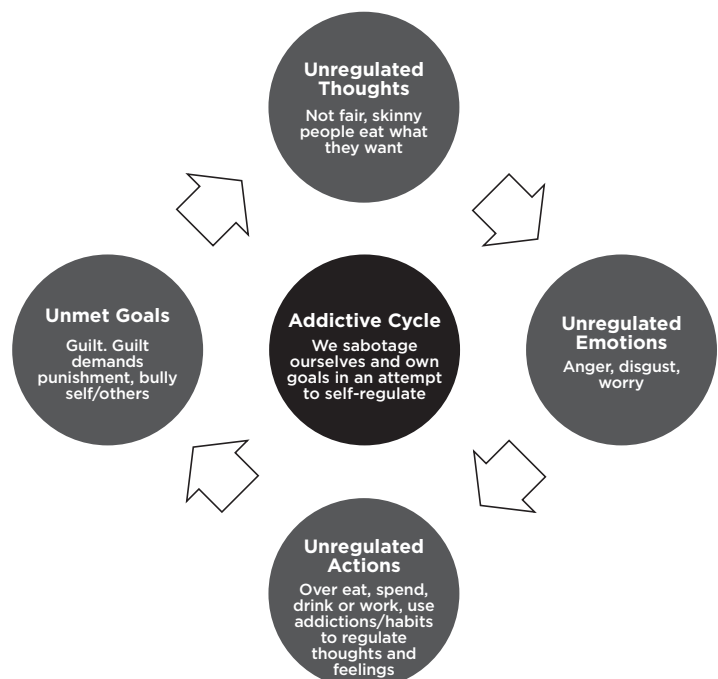
ME feeling my anger vs. I am angry.
ME thinking thoughts vs. I am stupid, lazy, forgetful, etc.
ME choosing actions vs. I have to, should _____.

I am my feelings + I am my thoughts+ I am my actions = I
am a piece of scum

ME feeling anger = I feel angry.
ME thinking I am stupid = A part of me feels this way. Let it go, Becky Bailey.
ME choosing actions = I am choosing to _____. I'm going to _____.

Song and activity from the Feeling Buddies™ program, part of Conscious Discipline. Exciting new product available in late 2011.

"This is my face. This is my face.
This is my face when I feel angry (demonstrate face)."



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How do we teach children to self-regulate?

Self-Regulation is not taught. It emerges through social and environmental interactions. We must be conscious of our interactions.

Unconscious Language	Conscious Discipline Language
Ineffective in helping children become conscious of themselves.	Effective in helping children become conscious of themselves.
Don't you dare talk to me like that!	You seem angry? You were hoping____.
It's okay. Calm down. You are fine.	It's okay. Calm down. You're fine. You were running and fell down. That can really hurt. Breathe with me. You can handle it.
Why did you grab him? That's not nice. Tell him you are sorry.	You wanted his attention. You may not grab. Grabbing hurts. Tap his shoulder, use his name and say, "May I play?"

Attachment System and Self-regulation

The attachment system is a biological imperative that insures survival. It says, "When you feel distress, seek our your attachment person for relief. If the attachment person is not available the system stays on and puts in the child in a survival state of flight of fight. Over time, this turns into personality traits, instead of a temporary state.

Attachment system on = Exploration system off

Attachment system off = Exploration system on

Our internal state regulates their internal state (0-3 years).

The Upset Child Checklist

<input type="checkbox"/>	Talk from across the room and say, "You're okay. You're okay"
<input type="checkbox"/>	Go to the child and ask questions, "What is wrong? Are you okay?"
<input type="checkbox"/>	Pick up the child, hug, pat, rub or rock the child while saying, "You're okay." "It will be alright."
<input type="checkbox"/>	Distract the child. "Look over here." "Find something to play with." "Let's read a book or build with blocks."
<input type="checkbox"/>	Feed, give candy, bottle, juice, get a pacifier or transition object.
<input type="checkbox"/>	Bounce and shoosh the child.
<input type="checkbox"/>	Ignore and let them cry/work it out.
<input type="checkbox"/>	Match intensity; S.T.A.R. on body and sssssssssshh sound on exhale ultimately adding the words, "You're safe. Breathe with me. You can handle this. "



Be a S.T.A.R.
Smile, Take a deep breath And Relax

A Conscious Discipline way to calm an upset child: Download S.T.A.R.

Step 1: Upload a state of peace and calm within you through the S.T.A.R. process and active calming. Be the state you want the child to become. My state regulates your state.

Step 2: Match the intensity of the upset with one or more of the following: Pressure of touch (swaddling), voice tone, bouncing/patting/rocking.

Step 3: Get next to or hold the child closely and download your state into the child by being a S.T.A.R. on the child's body and exhaling with a long "ssssssssshhh" sound.

Step 4: Open your heart and wish the child well, continuing to breathe and noticing when the child's body begins to relax. Add the words, "You're safe. Breathe with me. You can handle this. I will keep you safe."

If needed, continue...

Step 5: Notice child's face, arms, etc to build body awareness and achieve eye contact. "Your face is going like this, your fingers are going like this." etc., When the child makes eye contact, say, "You're safe. Breathe with me."

Step 6: Label the emotion: "You seem sad, scared", etc.

Step 7: "You wanted _____." or "You were hoping _____."

Step 8: Redirect, problems solve or teach a new skill.

Note: At first, the upset will escalate. This will allow the child to actually feel the emotion and move through it. It is imperative to stay calm and follow through with the steps.

Conscious Discipline Brain State Model

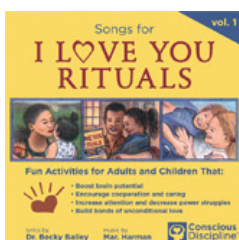
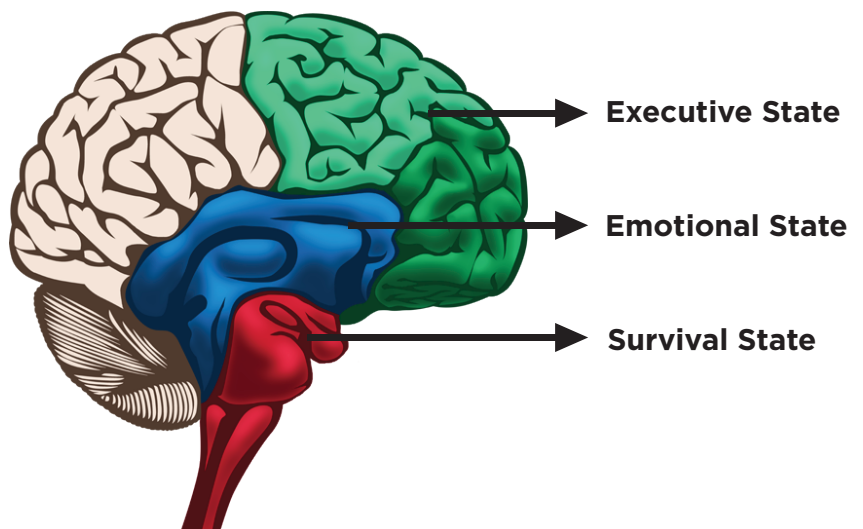
Survival State = Arousal (clacker)

Emotional State = Attachment

Executive State = Self-regulation

Arousal Balancing Activities

- Boom whackers, steady beat, drums
- S.T.A.R. on body three times per day
- Organized movement activities
- Touch/massage games such as: *good morning to your arm!*, *see how long I can hold it!*, *move what I touch* and other I Love You Rituals games
- Tense and relax games and songs: *Bye Bye Crankies* (I Love You Rituals CD vol.2), *S.T.A.R. Song* (It Starts in the Heart), *Move and Freeze* (Brain Boogie Boosters), *Walk and Stop* (I Love You Rituals CD vol.1)





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When parents go to war: Helping military families manage the stress of uncertainty and separation

Ginny Luther, LGA | Amy Speidel, LGA | Fran Katz
Convention Center Room 303B
Wed 11.3 9:00a - 12:00p

Becoming Brain Smart®: A unifying approach to guidance that maximizes the inner resources of children in the inner city

Katja von Elbe, LGA
Convention Center Room 303D
Thurs 11.4 2:00p - 3:30p

Climate change: Changing the school atmosphere to ensure a safe learning environment for all

Holly Christian, LGA
Convention Center Room 303D
Fri 11.5 12:30p - 1:30p

"I hate you, you can't play with me": Strategies to help children effectively identify and manage their emotions "Te odio, no puedes jugar conmigo": Estrategias para ayudar a los niños a identificar y manejar sus emociones de manera efectiva

Olga González | Leticia Valero, CCDI
Room 204C
Sat 11.6 8:30a - 9:30a

We're all in this together! Writing effective behavior intervention plans for children with chronic behavior challenges

Renee Sutherland, CCDI
Convention Center Room 303B
Wed 11.3 1:00p - 4:00p

Human connections build neural connections: Rituals for transitioning infants and toddlers between home and school

Jeannette French, LGA
Hilton Laguna A/B
Thurs 11.4 4:00p - 5:00p

Ready, but not revved: Sensory and movement strategies for improved attention, learning and behavior

Kay Zastrow, CCDI | Peggy Simonis, CCDI | Linda Morrison
Hilton Pacific Ballroom A
Fri 11.5 12:30p - 1:30p

What's at the root of all the classroom conflict? Viewing conflict as an opportunity to teach

Cristy Roberts, CCDI | Angela Fraley, CCDI
Convention Center Room 208A/B
Sat 11.6 10:00a - 11:30a

"You can't make me!" Five levels of defiance and how to effectively respond to each

Jill Molli, LGA | Dr. Becky Bailey
Convention Center Room 204B
Wed 11.3 1:00p - 4:00p

"Get this child out of my room!" Learning how to build healing relationships with children crying out for help

Karen Hickman, LGA
Hilton Huntington A/B/C
Thurs 11.4 4:00p - 5:00p

Fostering self-regulation skills in all children, even the most defiant and aggressive: Help children help each other in the classroom

Dr. Becky Bailey
Convention Center Ballroom A/B
Fri 11.5 2:00p - 3:30p

Conscious Discipline: Building relationships with children to support brain development

Cynthia Soares, CCDI | Clarissa Pfister, CCDI
Convention Center Room 208A/B
Sat 11.6 2:00p - 3:30p

Sessions Reference Guide

* Join us for "Conscious Discipline with Infants and Toddlers" and a book signing by Dr. Becky Bailey
Thurs 11.4 10:30a Gryphon House Booth #1802

Upcoming Conscious Discipline Workshops

Conscious Discipline Series

Now the life-changing Conscious Discipline program comes directly to your community in a series of professional development workshops with a dynamic Loving Guidance Associate.

Creating the School Family™

Albuquerque, NM April 29 & 30, 2011

Self-Regulation

Houston, TX March 11 & 12, 2011
Dallas, TX March 18 & 19, 2011
Lubbock, TX April 8 & 9, 2011
St. Louis, MO April 21 & 22, 2011
Kansas City, MO April 28 & 29, 2011

Conflict Resolution

Greensboro, NC March 17 & 18, 2011
Houston, TX September 16 & 17, 2011
Lubbock, TX October 13 & 14, 2011
St. Louis, MO October 20 & 21, 2011
Kansas City, MO October 27 & 28, 2011

\$225 person / \$195 group rate (10+)

Conscious Discipline Summer Institute (CD1)

This is a rare opportunity to experience a live event with Dr. Becky Bailey in Orlando, FL.

Session A (4 - 12 yrs)

June 23 - 29, 2011

Session B (4 - 12 yrs)

July 10 - 16, 2011

Session C (0 - 3 yrs)

July 23 - 29, 2011

\$850 person | \$800 group rate (10+)

S.T.A.R. Conference

Houston, TX - March 3-5 2011

Farias Early Childhood Center

\$295 person/\$265 group rate