

CONSCIOUS DISCIPLINE

WITH HILLARY LIESCH

Tuesday
January 25, 2022
5pm

**Participants will learn
how to utilize CD
strategies to support
and connect with their
child.**

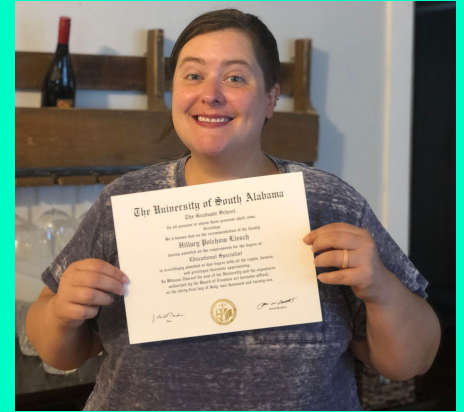
BRAIN SMART START

-Unite

-Calm

-Connect

-Commit



HILLARY LIESCH, ED.S.



WHAT IS CONSCIOUS DISCIPLINE?

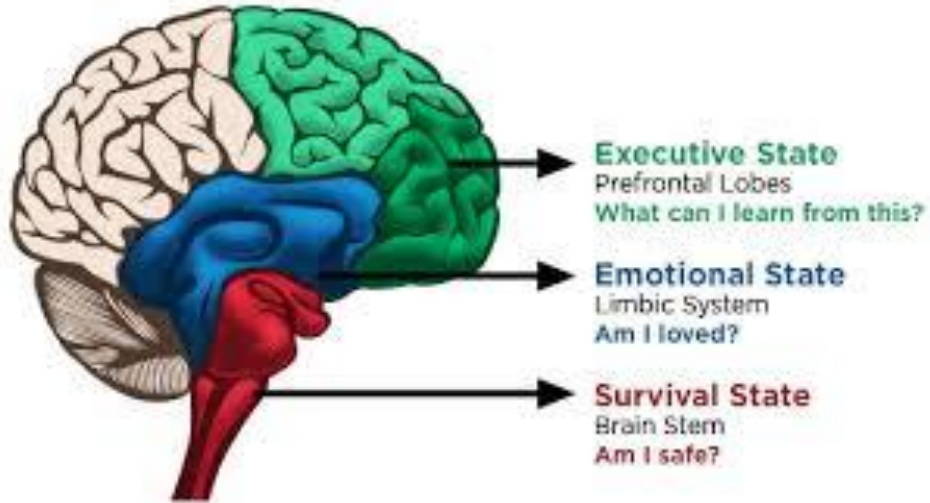
WHAT IS 'GENTLE PARENTING' OR 'POSITIVE PARENTING'?

- Moves away from punishment and toward teaching
- Adult first - regulate self and then child
- All behavior is communication
- Relationship first - connection is key
- Enforces boundaries & uses assertive voice
- Offers choice, honoring child's free will

IT IS NOT LETTING THE CHILD DO WHATEVER THEY WANT.

BRAIN STATE MODEL

REMEMBER: THE BRAIN FUNCTIONS AS A WHOLE.



SURVIVAL STATE

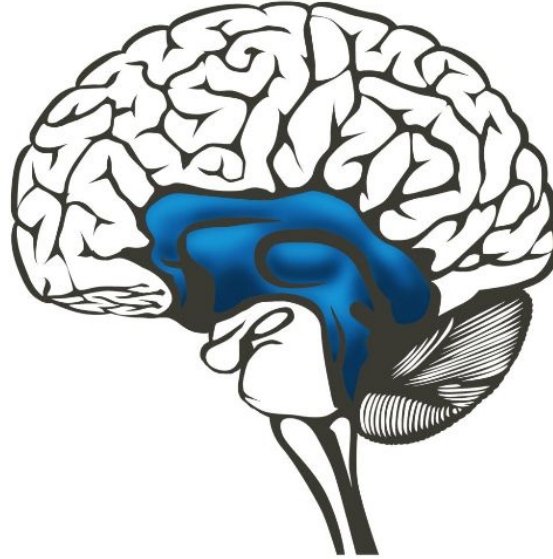


Survival State

BRAIN STEM

The Survival State represents the primal brain and asks the question, "Am I safe?" The only way to soothe the Survival State is through the creation of *Safety*.

EMOTIONAL STATE



Emotional State

LIMBIC SYSTEM

This Brain State represents mid-level functionality and asks the question, “*Am I loved?*” The only way to soothe an upset emotional state is through *Connection*.

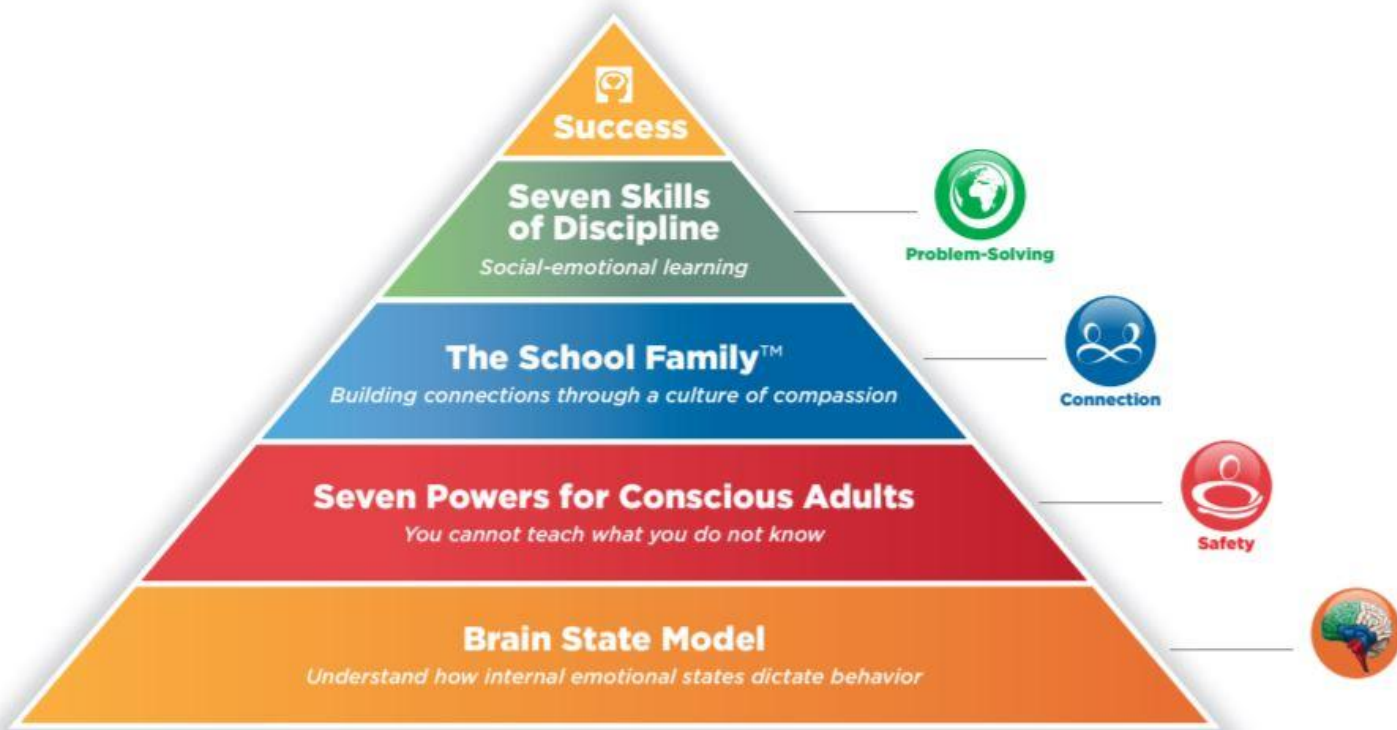
EXECUTIVE STATE



Executive State

PREFRONTAL LOBES

The Executive State represents the optimal state for problem-solving and learning. This Brain State asks the question, *"What can I learn from this?"*



The Seven Powers for Conscious Adults

Power of Perception



No one can make you angry without your permission.

Power of Attention



Whatever we focus on, we get more of.

Power of Unity



We are all in this together.

Power of Free Will



The only person you can change is you.

Power of Acceptance



The moment is as it is.

Power of Love



Choose to see the best in others.

Power of Intention

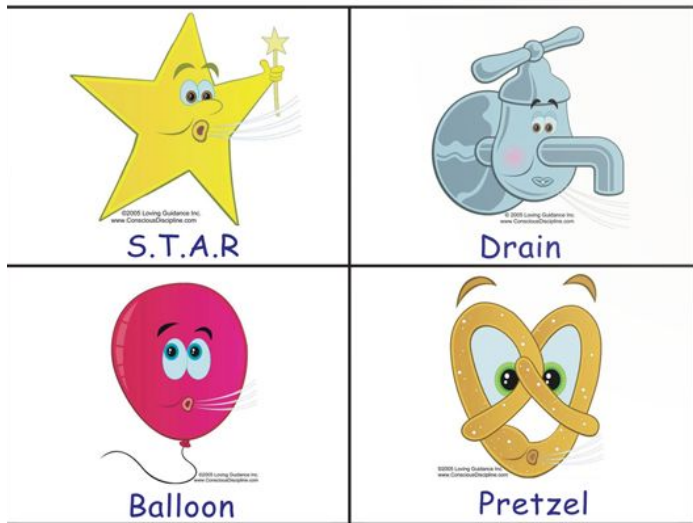


Mistakes are opportunities to learn.

ALL BEHAVIOR IS COMMUNICATION.



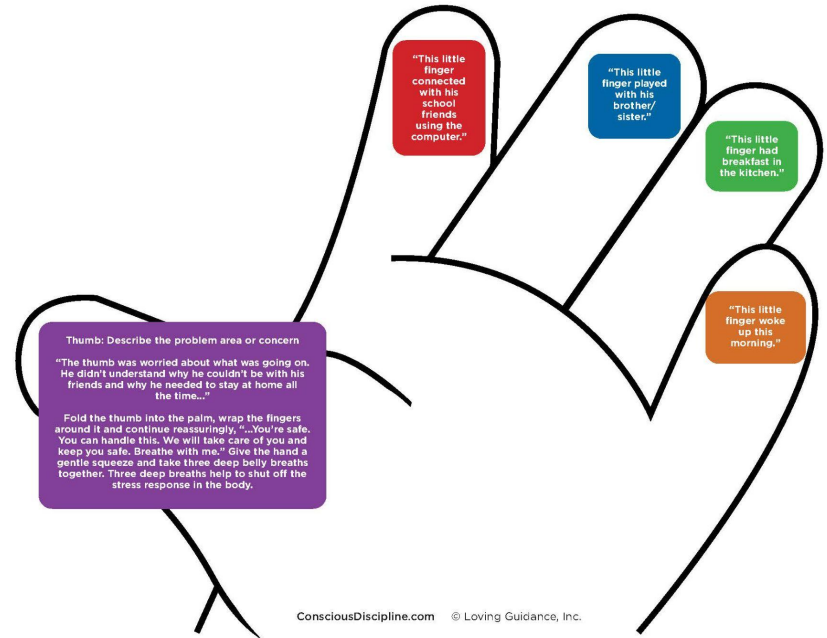
BREATHING IS POWERFUL.



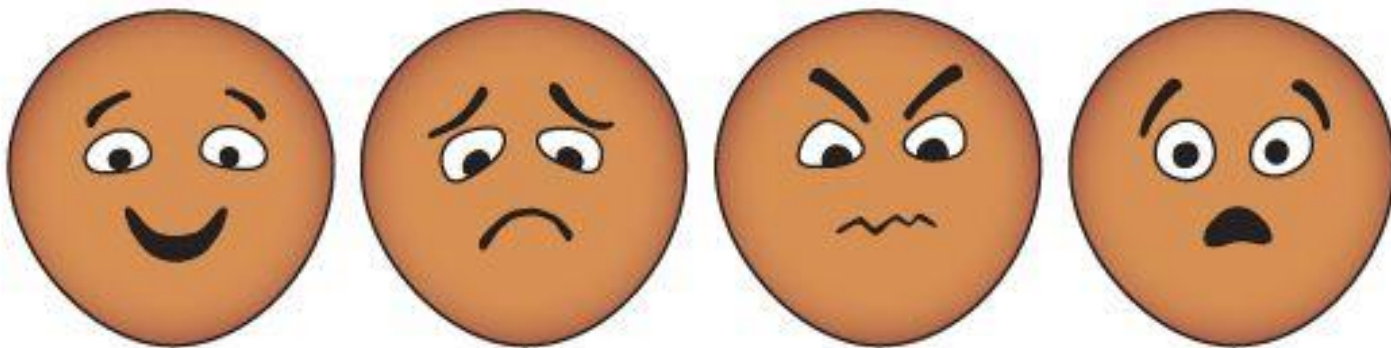
CONNECTION IS KEY.

4 Elements of Meaningful Connection

- Eye Contact
- Touch
- Presence
- Playful Structure



NAME IT TO TAME IT – FEELING FACES



ASSERTING BOUNDARIES & OFFERING CHOICES

Child-led doesn't mean

“let them do whatever they want”

It means...

notice what they notice

set safe boundaries

share joy

acknowledge their needs

respect their opinions

empower them

ASSERTING BOUNDARIES & OFFERING CHOICES

Two Positive Choices Step 1:

Breathe deeply and make a conscious decision to focus on what you want the child **to do**.

Focus on the behavior you want to see, rather than the undesired behavior.



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Two Positive Choices Step 2:

Tell the child, "You have a choice!" in an upbeat tone.

Our positive attitude will lighten the situation, especially if the child is resistant.



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Two Positive Choices Step 3:

Clearly state two choices that will achieve the goal.

Say, "You may ___ or you may ___." For older children, you could say, "Feel free to ___ or ___."



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ASSERTING BOUNDARIES & OFFERING CHOICES

Two Positive Choices Step 4:

Complete the process by asking the child for a commitment.

You might say, "What is your choice?" For older children, we might say "What would be better for you?"



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Two Positive Choices Step 5:

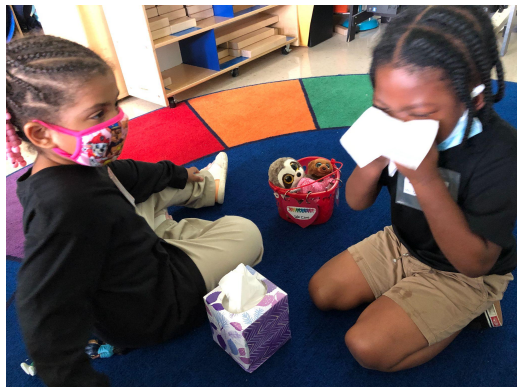
Notice the child's choice.

Do this by saying, "You chose ___!" in an encouraging voice with loving intent. This imparts the child with crucial awareness about her choice.



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WHAT AM I MODELING FOR MY CHILD?



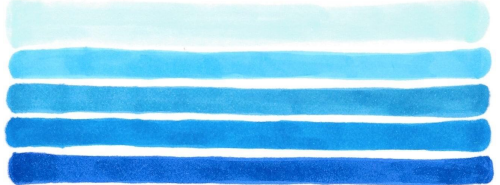


Am I

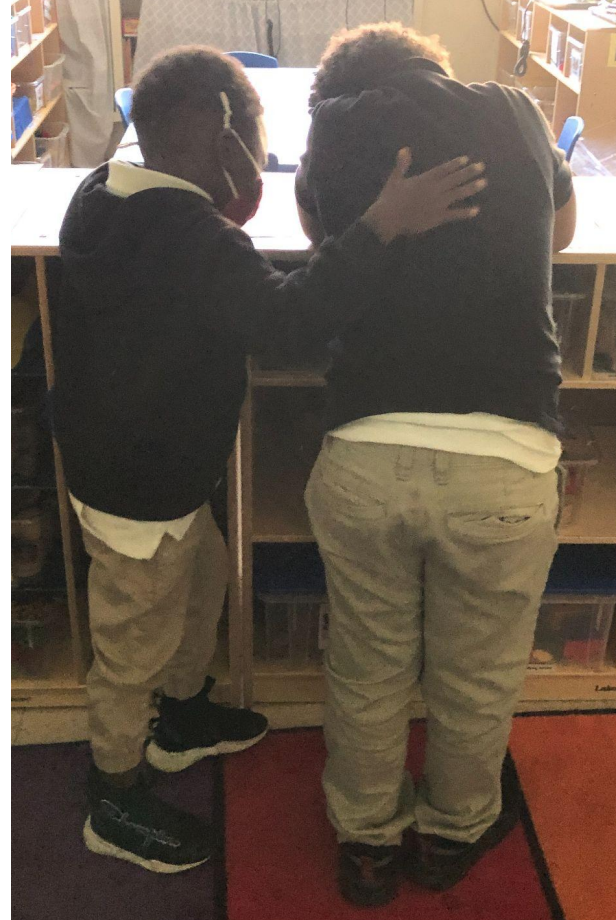
CO-ESCALATING



CO-REGULATING?



@kwiens62



PRACTICE THE PAUSE.

BREATHE FOR YOURSELF.
BREATHE FOR YOUR CHILD.



OFFER 2 POSITIVE CHOICES.

30%

YOUR PRESENCE MATTERS.

MEETING THE CHILD'S NEEDS JUST 30% OF THE TIME IS SUFFICIENT TO CREATE HAPPY, WELL ATTACHED CHILDREN.

SECURELY ATTACHED CHILDREN ARE RESILIENT.



INSTAGRAM FOLLOWS:

@MANIFESTDESTINI

@CONSCIOUSDISCIPLINE

THANKS!

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