Using Conscious Discipline at Home

"Anyone who does anything to help a child is a hero to me."

Mr. Rogers

Social-Emotional Self-Regulation

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Parents ARE Superheroes!

- We all have super powers, we just need to learn how to use them to help our children
- We are our child’s first teacher and they model after us
- We have to take care of ourselves in order to take care of our children
Welcome to Shubert’s Home

• For all ages (from infants to in-laws)
• Comprehensive, multidisciplinary self-regulation program
• Integrates social-emotional learning, school culture and discipline
• Builds internal resources of safety, connection and problem solving
• Based on brain research that indicates how we feel determines our behavior

www.consciousdiscipline.com
Conscious Discipline in BCPS

• Curriculum in Pre-K through 3rd Grade currently, 4th Grade in 2020-2021
• Structures, routines, and rituals in place in the classroom and school-house
• You should see Safe Place, Wish Well Board, & Greetings.
Conscious Discipline®

Basis in Brain Research

Survival State (Safety)
“Am I safe?”

Emotional State (Connection)
“Am I loved?”

Executive State (Problem Solving)
“I’m ready to learn”
*Not fully formed until 25 years old
My State Dictates Your State

• Behavior is a form of communication
• We (adults) need to be in an executive state in order for our children to be
• Breathing helps us to self-regulate and move to an executive state
• Magic number: 3 times
The Brain Works in Visuals

• The right hemisphere of the brain works in visuals
• Post photos of what things “should” look like in your home
• Helps everyone to be successful
• Model and Practice
The Brain works in visuals

• Create a visual routine for children (all ages) to help them be more independent

• MAP: Model, Add visuals, Practice
The Brain Works in Visuals

• Visual/written weekly/monthly schedule helps adults and children to know what to expect during the week
• Can help with anxiety to prepare for what’s coming, and to prioritize what is coming

Free Apps:
• Cozi
• FamCal
• Hub Family Calendar
• Google Calendar
• Time Tree Shared Calendar
Wish Well

• Children learn more from how we act then from what we say
• The only person we can control is ourselves
• We can wish people well, when in all brain states
• Be genuine! Not sarcastic.

https://consciousdiscipline.com/product/wish-well-board/
Positive Intent: With Adults

• Take the time to build connection (touch, eye contact, presence, in a playful situation)
• The only person I can change is myself. I may want him/her to change but maybe I can change myself and the way I see things to help our relationship.
• No one can “make” me angry. I’m angry because of something that happened not because of the person.
Thank You!

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http://www.bcps.org/parentu/