



Litchfield Elementary School District

Conscious Discipline Resources to Support Your Child's Social Emotional Learning

[COVID-19 Stress: How Uncertainty Affects the Brain](#)

Join creator of Conscious Discipline, Dr. Becky Bailey, as she dives into our current reality. We are living during a time of great uncertainty with COVID-19. Prolonged uncertainty causes predictable changes in the brain for both adults and children. We can use a foundational understanding of these changes to create greater resilience, new ways of thinking, and increased wellbeing for ourselves and our children.

[Cliff Notes for the Skills of Conscious Discipline for Parents](#)

Join Conscious Discipline Master Instructor Amy Speidel for an overview of the Seven Discipline Skills and helpful phrases to get you started, or continue your next step, on your journey to more peaceful parenting practices

[The Importance of Starting the Day the Brain Smart Way](#)

Join Dr. Becky Bailey as she shares the background behind Brain Smart Starts.

[Home Learning and Brain Smart Starts](#)

Conscious Discipline Certified Instructor Mara Spencer and her family start every morning with a Brain Smart Start before school. Now that the family is schooling from home, they engage in multiple Brain Smart Starts throughout the day. In this webinar, Mara explains how to optimize home learning by leading a Brain Smart Start(s) of your own.

[4 Strategies for At Home Learning](#)

Join Conscious Discipline Master Instructor Jill Molli as she offers an overview of helpful structures that support a successful transition to school learning. Families are reeling as adults and children are simultaneously adjusting to the newness of both home schooling and work from home expectations. This practical webinar suggests four key starting points that will increase safety, add structure and restore some normalcy to your daily routines.

[Creating a Safe Place at Home](#)

Join Conscious Discipline Certified Instructor and mother of two Nicole Mercer as she explains how to create and use a Safe Place in the home. Nicole answers frequently asked questions, guides you through the evolution of the Safe Place, and shares photos, videos, and powerful success stories from her own experiences.

[Adult Weekly Commitment](#)

Conscious Discipline Certified Instructor Sue Dierks uses a weekly commitment calendar to set her own intention. Each day, Sue writes out a daily commitment that includes a way to be of service to others, a way to be of service to herself, and something she is grateful for. She checks in on her commitment throughout the day, using every “Oops” as an opportunity to try something different the next day.

Although this calendar is designed for adults, it’s also helpful for older children. If you’d like to use this powerful tool in your own life, [download your free template of Sue’s Adult Weekly Commitment Calendar](#).

[Tools for Parenting Tool Box](#)

In this webinar, Abbi Kruse, a parent, grandparent, and Conscious Discipline Certified Instructor, shares the top two tools she wishes had been in her parenting toolbox when her children were growing up: the Power of Perception and the Power of Attention. The Power of Perception enables you to see unwanted behavior as a missing skill (and then teach that skill). The Power of Attention empowers you to focus on what you do want rather than what you don’t want. Watch as Abbi explains why some of our default tools are ineffective, why these new tools really work, and how you can use them to give your own parenting toolbox an upgrade.

[Parent Self Care](#)

In this webinar, Conscious Discipline Master Instructor Angela Fraley gives you actionable advice for practicing self-care—and explains why this practice is so vital. Join Angela to fill your wellness toolbox with six wellness tools that will help you access the best version of yourself.

[Responding to Conflict During Seasons of Change](#)

In this webinar, Master Instructor Amy Speidel provides several quick, helpful tips on responding to conflict during this season of change. Amy discusses creating a game plan, determining which situations need to be addressed in the moment and which should be addressed later, and how to handle moments of conflict with grace.

[COVID-19: Five Helpful Responses for Families](#)