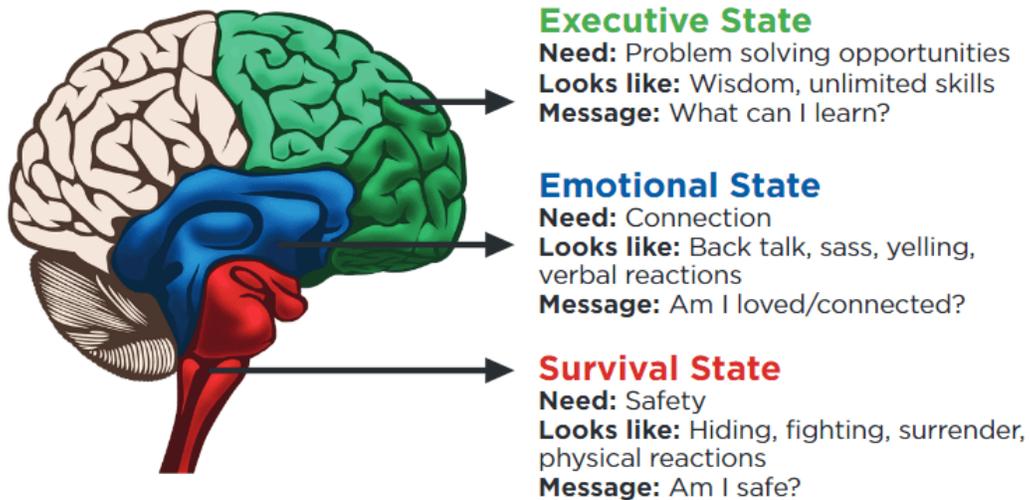


Conscious Discipline

Conscious Discipline is a social-emotional learning (SEL) program and philosophy developed by Dr. Becky Bailey that teaches adults self-regulation and emotional control to effectively guide children, emphasizing connection and internal motivation over punishment. By first managing their own reactions, adults using this approach foster a safe environment where children can learn to control their own behaviors, build self-discipline, and develop valuable life skills like problem-solving and a sense of belonging.

Conscious Discipline® Brain State Model



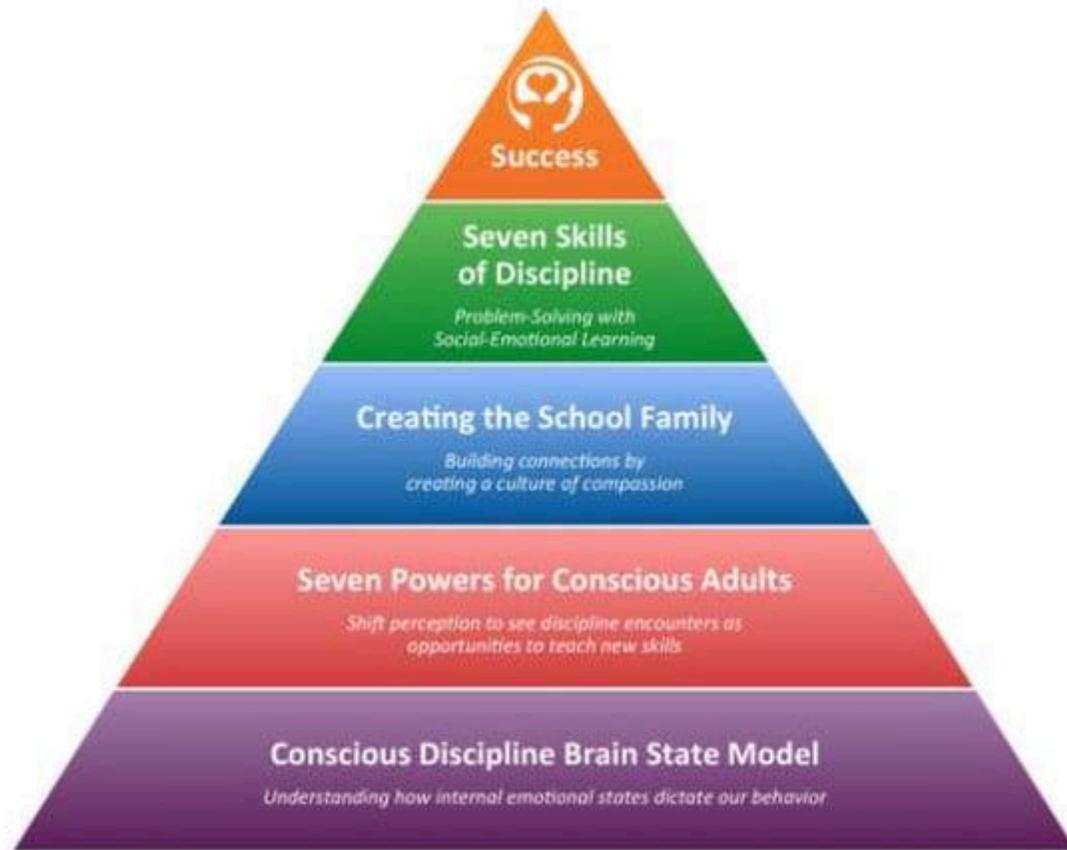
The Conscious Discipline Brain State Model helps us understand how the brain works in relation to discipline. An upset adult is always a threat to children's sense of safety. We must actively calm ourselves if we are to help children calm themselves. Taking three deep breaths helps us calm down by shutting off the stress response in the body.

CONSCIOUS SKILL <small>(emerges from powers)</small>	LIFE / COMMUNICATION SKILLS	VALUE
Composure	Anger management, delay of gratification	Integrity
Encouragement	Pro-social skills: kindness, caring, helpfulness	Interdependence, optimism, gratitude
Assertiveness	Bully Prevention, healthy boundaries	Respect for self and others
Choices	Impulse control, goal achievement	Persistence
Empathy	Emotional regulation, perspective-taking	Honoring diversity, honesty
Positive Intent	Cooperation, problem-solving	Compassion, generosity
Consequences	Learning from your mistakes	Responsibility

What is Conscious Discipline®?

After Dr. Becky Bailey, a clinical psychologist and teacher, spent years working within an early childhood education system of hurting children and frustrated adults—educators and families—she created a new approach to education and development. Through a combination of neuroscience, child development research, and psychology, she developed Conscious Discipline®, a [social-emotional learning](#) and classroom management methodology.

[Conscious Discipline®](#) is an adult-first technique that “addresses adult self-regulation and skill sets first to empower adults to model, teach, and live the skills and ideals they want children to acquire.” It is meant to demonstrate—for children—healthy ways to manage their thoughts, feelings, and behaviors to deal with conflict and difficult situations.



Source

There are four components to Conscious Discipline®:

- Brain state model: Understanding how internal emotional states dictate your behavior
- Seven powers for conscious adults: Shifting perception to see discipline encounters as opportunities to teach new skills
- Creating the school family: Building connections by creating a culture of compassion
- Seven skills of discipline: Problem-solving with social-emotional learning

<https://consciousdiscipline.com/about/parents/>