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RESOURCE NETWORK

Conscious Discipline: ABC's for Parents of Young Children

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Welcome!



As parents we want to support our little ones during tough times. However, adults can't help children navigate upset feelings and reach a calm state unless we are composed ourselves. In this workshop we will learn about three steps to help us gain our composure before attempting to calm a child.

What is Conscious Discipline?

Conscious Discipline is a proven, comprehensive approach that empowers you with skills that create a safe, connected, problem-solving environment for families.

Focusing on self-control and confidence-building for both parent and child, this approach teaches a series of linked steps to help families move from turmoil to tranquility.

Source: <https://consciousdiscipline.com/product/easy-to-love-difficult-to-discipline/>



What are the ABC's for parents all about?



The inner state of adults (upset or calm) dictates the inner state of young children. A young child cannot feel calm when their parent or caregiver is clearly upset. Children easily pick up on the feelings of the adults around them. If you want to help your child feel composed, the first step is attending to your own composure.

Source: <https://consciousdiscipline.com/resources/abcs-for-parents-of-little-ones/>

ABC's for parents of little ones...



A: Awareness

Be aware of your own inner state. Is your heart rate elevated? Are you feeling tense/frustrated, etc.? Children can FEEL our upset, so the next step is BREATHE DEEPLY and bring yourself back to the present moment.



How are you feeling?



What behaviors illicit “big” feelings, or “push your buttons?”



Understanding our own
feelings and emotions helps
us to understand our
reactions.



B: Breathe

Take deep belly breaths. Inhale through your nose for at least 5 seconds, and exhale through your mouth for at least 10 seconds. Do this at least 3 times.



Two examples:



There are lots of ways to
practice calming breathing.
What works for you?



C: Closeness



They want to be close to you because you are their Safe Place™. Co-regulation and connection/bonding happen when they are close to you. Take deep breaths with them in moments of closeness

4 Elements of Closeness:

All learning begins with connection! Connections on the outside (with other people) actually create and strengthen neural connections within the brain.

Eye contact, presence, touch and a playful setting are the four core components required to truly connect with others.



Eye Contact

Get down on the child's level to achieve eye contact for a brief moment. When eyes meet, a wireless connection is created between the orbital frontal areas of the prefrontal lobes. From this connection, we download inner states into one another. The eyes contain nerve projections that lead directly to key brain structures for empathy and matching emotions. As soon as you have eye contact, download calm, "There you are. You're safe. Breathe with me. You can handle this."



Presence

Being present in the moment means your mind and body are in the same place. Your mind is free from chatter. You are still enough to see the beauty in the child. Presence is about acceptance as we join together to share the same moment. The present moment is where joy lies. Relax into it.



Touch

Touch is the only sense we cannot live without. The skin and brain are made up of the same embryonic tissue. The skin is the outside layer of the brain. Touch creates a hormone that is essential to neural functioning and learning. If we want smart, happy kids, then we need to provide more appropriate, caring touch.



Playfulness

Playfulness helps build bonds and creates a biochemistry in the brain for dopamine. Dopamine says, “Pay attention, stay focused.” Playful situations strengthen the dopamine system, increase attention spans and boost social development.



With these tips, you can be a more present and effective guide through these unique times!

For more information:
<https://consciousdiscipline.com/>



Questions?

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