



Child Care
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RESOURCE NETWORK

Conscious Discipline: I Love You Rituals

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Welcome!



*Unconditional love is something we all seek
to find and hope to give.*

~Becky Baily, Author of I Love You Rituals

I Love You Rituals send messages of unconditional acceptance and love to children. In this workshop we will learn about connecting through I Love You Rituals – delightful interactions and games that we can play with our children from infancy through eight years of age.

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/>



Why is connection so important?

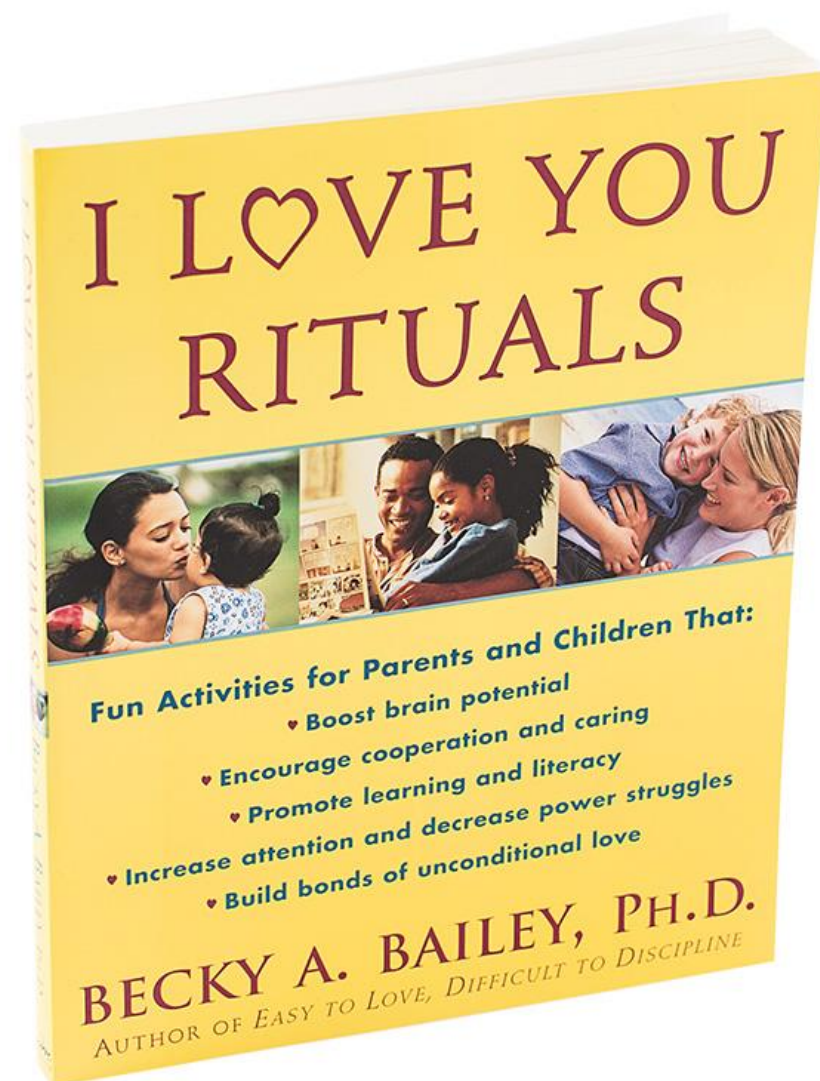


All learning begins with connection! Connections with others actually create and strengthen neural connections within the brain.

Loving, healthy rituals foster the development of loving, emotionally healthy children. We are going to learn about creating and building healthy rituals with our children.

Source: I Love You Rituals, Becky A. Bailey, Ph.D.

I Love You Rituals:



- ~Boost brain potential
- ~Encourage cooperation and caring
- ~Promote learning and literacy
- ~Increase attention and decrease power struggles
- ~Build bonds of unconditional love

Source: I Love You Rituals, Becky A. Bailey, Ph.D.

The four goals of I Love You Rituals



1. I Love You Rituals optimize your child's brain for success at school and in life.

I Love You Rituals foster connection and bonding, which strengthens the dopamine system in children. This enhances focus and attention, social development, and emotional health.



2. I Love You Rituals increase your learning potential and effectiveness through touch.

Touch is the only sense we cannot live without. When we touch one another, a hormone is released called the nerve growth factor. This hormone is essential to neural function and learning. Appropriate, caring touch is necessary for smart, happy children!



Source: I Love You Rituals, page 10

3. I Love You Rituals create loving rituals that hold families together even through the roughest times.

Rituals are moments taken solely for the purpose of connection. I Love You Rituals “put life in focus, shifting our attention from getting ahead to getting together; from valuing material wealth to valuing one another.”



Source: I Love You Rituals, pages 12-13

4. I Love You Rituals strengthen the bond between adults and children that insulates children from drugs, violence, and peer pressure, laying the foundation for mental and emotional health.



Secure attachments are created by the *quality* of adult-child interactions, or *how* an adult responds to a child. Being fully present means being attuned to the moment and each other. This is the “heart” of our bonding with children and with one another.

Source: I Love You Rituals, pages 14-15

Getting started:

1. Remember your purpose – the ultimate goal is to connect! Have fun, laugh, sing, and just be yourself.
2. Be fully present with your children – experience joy in the present moment!
3. Utilize the four elements of connection – eye contact, gentle touch, presence, and playfulness.
4. Consider the time and place for I Love You Rituals. Some opportunities may include when waking up, bedtime, saying good-bye or coming together after periods of separation.

Source: I Love You Rituals, Becky A. Bailey, Ph.D.





A Wonderful Woman Who Lived in a Shoe

~wonderful for naptime or bedtime~

I Love You Ritual

A Wonderful Woman Who Lived in a Shoe

A wonderful woman lived in a shoe.
She had so many children
She knew exactly what to do.
She held them,
She rocked them,
And tucked them in bed.
"I love you, I love you,"
Is what she said.

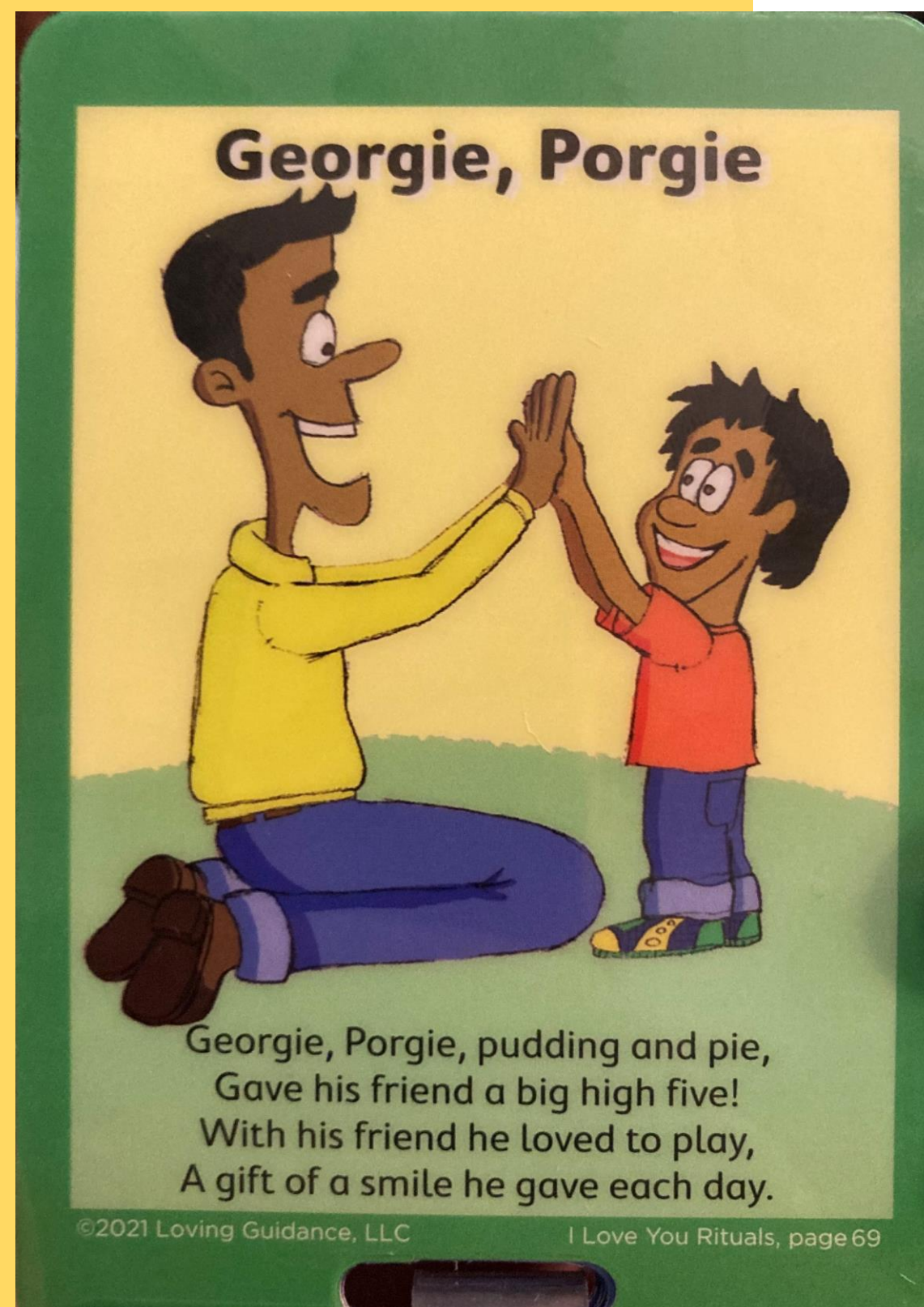


Twinkle, Twinkle, Little Star



Twinkle, Twinkle

♪ Twinkle, twinkle little star,
What a wonderful child you are.
With bright eyes and nice round cheeks,
A talented person from head to feet.
Twinkle, twinkle little star,
What a wonderful child you are.



Georgie, Porgie ~ Margie, Pargie



How to create your own personalized I Love You Ritual:

What is a song, poem, chant, or playful game that you already know that could be an I Love You Ritual connection activity?
Practice the activity with your child:

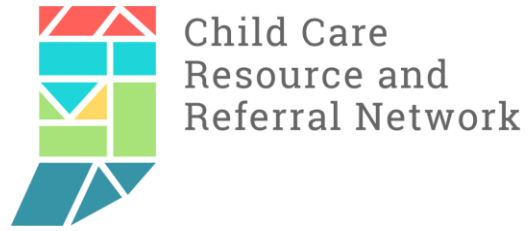
- Sing or say the words
- Add motions that include the four connection components of eye contact, touch, playfulness, and presence
- Remember to really engage and connect with your child!
- Build this connection activity into your daily routine!

Source: Conscious Discipline Parent Education Curriculum Guide, pages 125-127

When you connect,
you're building
meaningful moments
with brain-building
benefits that last a
lifetime!

Source: Conscious Discipline Parent Education
Curriculum Guide, page 127





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

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