Let your Yes be Yes and Your No be No
Conscious Discipline Skill of Assertiveness

“Discipline isn’t something you do to children, it’s something you develop within them.”
- Dr. Becky Bailey

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School Family Environment:
1. It optimizes brain development for physical, social, emotional, spiritual and academic success
2. It strengthens or provides an invisible set of assets called “family privileges”
3. It fosters connections within the school so all members feel emotionally safe enough to experience conflict as a learning tool.
4. It creates a bully-proof climate based on safety, connection and problem solving rather than reward and punishment.
5. It utilizes everyday life, conflicts and celebrations as the social-emotional curriculum
6. It integrates social and emotional learning into the teaching of academic standards
7. It brings joy back into teaching!

School Family consists of:
• Meaningful jobs for every person
• Emotionally intelligent classroom structures
• Safety job description
• Predictable routines and connecting rituals

Safety job Description: My job is to keep you safe, your job is to help keep it safe”

Skill of Encouragement comes from the Power of Unity
We are all in this together. The motivation to cooperate comes from being in relationship with each other.
Encouragement comes from NOTICING!
• NOTICE
• NOTICE
• NOTICE
• NOTICE

YOU__________SO__________. THAT WAS SO HELPFUL!

Noticing is the skill you use to help children up-shift from a survival state to an emotional state.

STOP SAYING “GOOD JOB,” START SAYING “YOU DID IT!”

Classroom structures for Encouragement:
Kindness Recorder
Job Chart
Ways to be helpful books

Skill of Assertiveness comes from the Power of Attention: What you focus on you get more of. You cannot change behavior by focusing on what you don’t want.
• Listen to yourself talk to children
• Focus on giving usable information
• Capture their attention through eye contact before you speak
• If they ignore you say, “I’m going to show you.”
• When you feel frustrated, express your feelings directly.
  “When you__________I feel__________…”

Adult Assertiveness: Old Dogs Itch When Happy!?
O____________________
D____________________
I____________________
W____________________
H____________________

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Classroom structure for Assertiveness:
Time Machine
Wish Well board

Intrusion is always an opportunity to teach assertiveness. Go to victim first!

Be a S.T.A.R. Wish well.
Wishing Well: allows a space to send the message “I believe you are capable to handle this.”

Recommend Reading:

**Easy to Love, Difficult to Discipline**: 2002 Dr. Becky A. Bailey helps parents and teachers become aware of how they treat themselves, because how we discipline ourselves is how we discipline our children. This book details the Seven Powers for Self-control, which dramatically increase our resourcefulness in any sticky situation with children from toddler through teen. From these we learn Seven Basic Discipline Skills to help children move from “willful to willing” in day to day encounters at home and school.

**I Love You Rituals**: 2000 Dr. Becky A. Bailey. This book offers more than 70 delightful rhymes and games that send the message of unconditional love and enhance children’s social, emotional, and school success. Audio CD’s also available.

Disclaimer:
*All information provided has been designed to introduce you to the topic of Conscious Discipline®. The information is intended to promote physical, emotional, relational, and spiritual health. Written material is provided to educate and encourage you to further develop your understanding of yourself and others and the process of shifting from fear to love in your family relationships. The oral presentation and written materials are not intended to provide medical, psychological, financial, pastoral, or legal advice or services. If expert assistance or counseling is needed, the services of a competent professional should be sought.*

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