



# Conscious Discipline Overview for Families

Presented by: Presented by: Nicole Mercer, MS  
 Conscious Discipline Certified Instructor  
[nicole.mercer@consciousdiscipline.com](mailto:nicole.mercer@consciousdiscipline.com)

*Conscious Discipline* is an adult-first, transformational, brain-based approach to self-regulation, wellness, and discipline.

## Seven Skills of Discipline

Provides adults with seven discipline skills needed to effectively transform any problem into a life lesson.

## The Connected Family

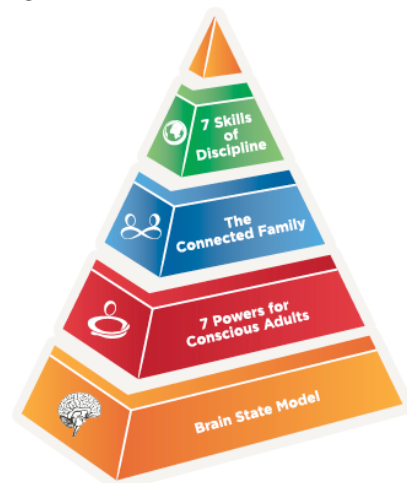
Improves all family relationships, creates willingness to solve problems.

## Seven Powers for Conscious Adults

Perceptual shift that empowers adults to see discipline encounters as an opportunity to teach new skills.

## Brain State Model

Addresses internal state first, using a neurodevelopment brain model, so adults and children may learn to self-regulate effectively.



## Self-Regulation and the Brain: How We are Wired



Our internal state dictates our perception, perception dictates our intent/actions.

| BRAIN STATE                            | INTENT | TRIGGER                      | SKILLS                                      | BEHAVIORS  |
|--|--------|------------------------------|---|--|
| Executive State<br>(What can I learn?) | Teach  | Challenge                    | Willing, Reflective<br>Executive Skills     | Helpful, Cooperative,<br>Problem-solve                             |
| Emotional State<br>(Am I loved?)       | Stop   | World not<br>going my<br>way | Blame, Judgment<br>Exclusion<br>Us and Them | Name Calling<br>Social Exclusion<br>Always/Never talk<br>Back talk |
| Survival State<br>(Am I Safe?)         | Punish | Threat                       | Fight, Flight<br>Shut down or<br>Surrender  | Hit, kick, push, bite,<br>throw things, run<br>aways, hide, comply |

### Helpful Resources on Executive Function Development:

- **Science of Adult Capabilities:** <https://developingchild.harvard.edu/science/deep-dives/adult-capabilities/>
- **A Guide to Executive Function:** <https://developingchild.harvard.edu/guide/a-guide-to-executive-function/>
- **Video: Executive Function: Skills for Life and Learning:** <https://developingchild.harvard.edu/resources/inbrief-executive-function-skills-for-life-and-learning/>



# Resources for Families

This document contains many resources for getting you started on your Conscious Discipline journey at home. Some are free and those links have been provided. Wishing you well as you journey to bring more peaceful problems solving and self-regulation to both yourself and your children.

**Conscious Discipline Website:**  
[www.ConsciousDiscipline.com](http://www.ConsciousDiscipline.com)



## Webinars (FREE)

- **Wiring the Brain for Success:** In this TEDx Talk Dr. Becky Bailey (creator of Conscious Discipline) explains the relationship between brain states and behaviors: <https://youtu.be/cjVJV7G8x3s>
- **Parent Cliff Notes for the Skills of Conscious Discipline:** this webinar overviews the 7 skills of CD: <https://consciousdiscipline.com/webinars-parent-cliff-notes-for-the-skills-of-conscious-discipline/>
- **Seeing Conscious Discipline in the Home:** this webinar explains the importance of using visuals with children to help them be successful in meeting expectations and following routines: <https://youtu.be/cjVJV7G8x3s>
- **The Safe Place at Home:** this webinar explains what the safe place is, the importance of the adult being a safe keeper, and how to set up a safe place: <https://consciousdiscipline.com/webinars-the-safe-place-at-home/>
- **Building Safety and Connection with Foster and Adoptive Families (Part 1):** <https://consciousdiscipline.com/e-learning/webinars/building-safety-and-connection-in-foster-and-adoptive-families-session-1/>



## Podcasts (FREE)

- **Parenting with Conscious Discipline:** Former Master Instructor Ginny Luther shares practical tips for parenting with CD: <https://www.youtube.com/watch?v=ryzLEFW-vpg&t=0s&list=PLwhBPqxwcu8qUBVeraMjoSbngfxtKpxoh&index=14>
- **Managing Anxiety:** How to help children name, claim, and tame their distress: Master Instructor Jill Molli shares her personal story of anxiety and the journey of helping her daughter manage anxiety using the skills of Conscious Discipline: <https://www.youtube.com/watch?v=plcZrHhozXY&t=0s&list=PLwhBPqxwcu8qUBVeraMjoSbngfxtKpxoh&index=12>



**Shubert's Home** in Bug Valley offers practical examples of Conscious Discipline implementation, room-by-room in a home environment. As you explore the home you will find tips for setting up Conscious Discipline structures and videos of the structure in use in homes with children of all ages.

**Link to Shubert's Home:** <https://consciousdiscipline.com/free-resources/shuberts-home/>



## Products (Available for purchase at: <https://consciousdiscipline.com/storefront/>)

- Easy to Love, Difficult to Discipline - parenting book by Dr. Becky Bailey (also available in audio version)
  - I Love You Rituals Book
  - Managing Emotional Mayhem
  - Feeling Buddies Toolkit for Home
  - Shubert/Sophie Series (children's books to introduce the skills of CD to children through story)

