CONSCIOUS DISCIPLINE:
I LOVE YOU RITUALS

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A part of the Conscious Discipline® program by Dr. Becky Bailey
www.ConsciousDiscipline.com 1-800-842-2846
Conscious Discipline®

An emotional intelligence program consisting of Brain Smart® strategies for responding rather than reacting to life events. Through responding, conflict moments are transformed into cooperative learning opportunities.

Conscious Discipline® is a research-based program proven to:

- Increase academic achievement
- Decrease problem behaviors
- Improve the quality of relationships
  - Student to Student
  - Teacher to Student
  - Parent to Child
  - Teacher to Parent
  - Coworker to coworker

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I Love You Rituals

Human connection creates neural connections in the brain. Our brains are shaped by our loving relationships. The health of a child’s relationships with others is the vital link to academic success. I Love You Rituals are activities that provide unconditional acceptance, sensory integration, caring touch and messages of hope for children.

In just minutes a day, these powerful rituals:

- Promote learning and literacy
- Increase attention span
- Decrease power struggles
- Increase cooperation
- Enhance self-esteem through permanent brain chemistry changes
- Integrate the brain

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SCIENCE OF THE BRAIN

3 Year Old Children

Normal

Extreme Neglect
Sense of connection creates a biochemistry that optimizes the function of our brain.

INGREDIENTS for CONNECTION

- Eye contact
- Touch
- Presence
- Playful situation

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Greetings

What did you bring from school today?

Say to child, “What did you bring home from school today?” Take inventory of all the things the child brought home. “Oh I see you brought your thumb, your shoulders, your two earlobes….” As you name the body parts touch each one.

- Do not mention any articles of clothing or other objects.
- The focus is on seeing and touching the child.
- Focusing on material items sends the message that what we own or possess is more important than who we are.

It is wonderful to see you….

Begin by shaking the child’s hand and say this phrase. Then begin to get silly by saying the phrase and shaking other body parts. Child’s foot, elbow, pinky, earlobe, hair, thumbs, and nose. Then say “It is wonderful to meet you Mr. Foot.”
CONNECTION = COOPERATION

The motivation to behave comes from being in a relationship. Connection literally wires the brain for impulse control and willingness.

Connections on the outside build connections on the inside

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Interactive Finger Plays

Here’s the Bunny
Here is the bunny with the ears so funny.
Here is the hole in the ground.
When a noise she hears,
She picks up her ears,
And jumps in the hole in the ground.

Round and Round the Garden
Round and round the garden
Goes the teddy bear.
One step, two step
Tickle you under there.
Times to use I Love You Rituals

1. Relationship and trust building moments
2. Routines and transitions
   Greetings and good-byes
   Diapering and toileting
   From active to quiet times
   Rest time

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Positive Nursery Rhymes

Twinkle, Twinkle, Little Star

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

A Wonderful Woman

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.
Wires our brain for impulse control
Motivate us with the willingness to behave
Focus attention so we can attend to a task long enough to be successful

I Love You Rituals are designed to accomplish four specific goals:

Increases dopamine
Encourages conscious touching
Creates strong bonds
Creates loving rituals
I Love You Rituals

Fun Activities for Parents and Children That:

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

BECKY A. BAILEY, PH.D.
Author of Easy to Love, Difficult to Discipline

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