

# Conscious Discipline Letter from Dr. Becky Bailey



## Dear Family,

Your child will soon be joining a new family—their School Family. School Family is a term I use to describe the classroom environment in my program Conscious Discipline™. The School Family does not and cannot replace the home family, but it can, in partnership with you, help to create the best possible learning experience for your child.

Each child enters school with three important questions:

- **Am I safe?**
- **Am I loved?**
- **What can I learn?**

Conscious Discipline™, a comprehensive classroom management and social emotional program, creates learning environments where children will know, “Yes, I am safe,” and “Yes, I am loved.” From this foundation of safety and caring, children will begin learning how to solve conflicts, manage their emotions, and take responsibility for their actions.

Imagine your child, instead of throwing a fit because the world did not go his or her way, taking a deep breath and saying, “I can handle this.” Imagine your child, when pushed by others, being able to say, “I don’t like it when you push me, please walk around,” instead of pushing back. These life skills are the focus of Conscious Discipline where conflict becomes an opportunity to teach social and emotional skills instead of a power struggle that ends in punishment.

Each morning, your child will transition from being a son or daughter to being a student or classmate. The adults in the school will transition to being teachers and administrators. You will transition from being a parent to a worker or homemaker. These transitions are a big shift for everyone. To help with this transition, your child will start the day the Brain Smart way. The teacher will lead children through four daily activities to help prepare their brains for optimal learning. The Brain Smart Start includes activities for uniting, disengaging stress, connecting, and committing.

- **Uniting** activities are designed for everyone to do together and help develop a sense of belonging.

- **Disengaging stress** activities teach children how to calm themselves when they are upset.
- **Connecting** activities provide opportunities for children to interact with each other, which builds healthy friendships, increases attention span, and fosters cooperation.
- **Commitments**, the final component to the morning routine, teach children to make and follow through on pledges to keep their classroom safe and take responsibility for their actions.

Don’t be surprised when, in the coming weeks, you hear your child say, “Be a S.T.A.R.” if you are upset. S.T.A.R. means **S**mile, **T**ake a deep breath, **A**nd, **R**elax. You may also find your child wishing people well when they are sick or going through tough times. S.T.A.R. and wishing well are foundational components for the kindness, helpfulness, and ability to manage upsets that are at the heart of Conscious Discipline.

I encourage you, as a parent, to learn more about Conscious Discipline. In our most stressed moments, we often find ourselves treating our children in ways we swore we never would. Conscious Discipline, being based on the latest in brain research, can show you why this happens and teach you how to prevent it. I hope you will explore Conscious Discipline further, and I am both excited and honored to welcome you as a part of our School Family.

From my heart to your heart, I wish you well,  
Becky Bailey, Ph.D.