



ConsciousDiscipline

Strengthening Families with the Conscious Discipline Parent Education Curriculum

Audience: Specialty

Presented by: Pete Kovats, District Behavior Coach
professionaldevelopment@consciousdiscipline.com

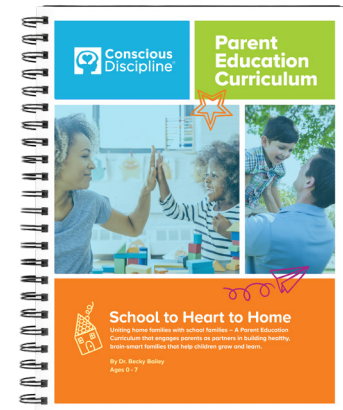
Conscious Discipline Implementation Plan for the Parent Education Curriculum

STEP 1: Conscious Discipline Implementation Plan

Our District Conscious Discipline Action Team (CDAT) created a three-year plan to implement Conscious Discipline. Year three of the implementation plan included parent education. The plan clearly stated the administrator's role to initiate parent education which included purchasing the *Conscious Discipline: Parent Education Curriculum*.

HELPFUL HINT: We found it important to have full implementation of Conscious Discipline before implementing parent education. Parents will inquire with their child or children's teacher on how these structures and rituals are done in the classroom so consistency is key.

Guiding Questions: What is my Conscious Discipline Implementation Plan? How will I incorporate parent education in my implementation?



STEP 2: Parent Education Curriculum

Conscious Discipline: Parent Education Curriculum was our guiding force for the parent classes. As you read the curriculum, think about how you will present the material to your parent base and demographics. Keep in mind though, those attending may be raising children from infants to teenagers, so it's important to provide examples for all ages. Even though we are an elementary school district, parent feedback asked for more examples with teenagers. The content portion is scripted in the manual, but it is encouraged to make it your own and add your own "sparkle." Also, you want your participants to have the full experience of Conscious Discipline by participating in the structures and rituals, so we found it important to keep a balance of hands-on participation and lecture. Parents also appreciated the time to collaborate and ask questions. The curriculum is in eight parent sessions including the Open House, which is an introduction to Conscious Discipline and covers the Brain State Model and connections. Next are seven sessions for each power and skill.

HELPFUL HINTS: Explore all the useful resources throughout the curriculum, including the make and takes and handouts in the back of the book and the online resources such as videos that provide a deeper understanding of the Powers and Skills. We followed this format when creating our presentation: Rituals and structures including Brain Smart Start and Wish Well; content portion delivered by the parent education instruction and Dr. Bailey videos from the online resources; discussion time and practicing of the skills; and a make and take and/or homework assignment.

Guiding Questions: How will I organize and present the curriculum for parent education (ex, slideshow, hands on, lecture, etc.)?



STEP 3: Planning

The planning portion of our trainings naturally divided into three steps: who will be instructing the parent education, scheduling of the education nights and advertising the classes to parents. The campus administrator reached out to staff members who had implemented Conscious Discipline and the structures and rituals for at least one year with fidelity and would be willing to plan and facilitate the trainings. The administrators then sent me the names of their facilitators and I was the lead coordinator. I held meetings to review the content and answer any questions. Since we were spread out among sixteen campuses, we also communicated via email and Google Docs. As a district, we agreed on scheduling one training a month focused on the same Power and Skill. The administrator and trainers then scheduled the eight sessions for the year. A master schedule was created which included all the dates and times of the trainings by campus. Each campus advertised their trainings by school newsletters and email blasts, communication applications such as Remind 101 and social media such as Facebook.

The district also published the district-wide parent education calendar via Facebook, the parent communication application Peachjar, and the district webpage. We wanted to give parents, family members, and community members the option to attend any of the sessions, not just at their home campus. This allowed attendees to choose a training that worked best for their schedule.

HELPFUL HINTS: From several parent feedback forms, it was requested to have the seven Skills and Power sessions consecutively in a seven-week series. For this year, the plan is to have the campuses spread out their seven-week (Powers and Skills) sessions so there will be elementary and middle schools hosting a block of sessions throughout the year during each of our 4 nine-week quarters. As we tracked attendance, data showed better attendance was linked to a school event. Campuses are planning on having the Open House session included in a campus event such as curriculum or family fun nights. We also brainstormed having students more involved in the trainings by putting on Shubert skits, giving classroom tours of the structures and rituals and leading the parents in examples of the structures and rituals from their class. Also including student demonstrations of the skills, such as the Conflict Resolution Time Machine.

Guiding Questions: Who will plan and facilitate the trainings? How will we communicate the trainings with our families and community members?

STEP 4: Training

As the lead coordinator of our parent education, I created a slideshow with all of the content from the Parent Curriculum for each of the eight sessions. This established fidelity and consistency of the curriculum. In the notes portion of the slide show, I included the key points for each Power and Skill. I also included the structures and rituals of the Brain Smart Start and Wish Well. The trainers were then encouraged to add their campus flair to the presentation by including examples of the structures and rituals from their campus. This could include campus tours, student testimonials and student presentations.

HELPFUL HINTS: Each session included a parent sign in sheet and at the end of each session, each participant was given a feedback form that included: “A take-away from today’s education night” and “What would you like more information on?” I created a district spreadsheet that included attendance and feedback form comments. This was a powerful tool when revamping our parent education for this year. We also brainstormed working with our parent organizations and community partners to offer food and refreshments so participants would have dinner provided. We would also like to provide childcare by having teachers plan and facilitate activities for the children. We would market this as a “Parent Education Date Night.”

Guiding Questions: How will you maintain the fidelity of your trainings if hosting multiple training sites? How will you collect data to reflect on the impact of your parent education sessions?

My Plan for the First Six Weeks

WEEK	MATERIALS
Week 1:	
Week 2:	
Week 3:	

My Plan for the First Six Weeks

WEEK	MATERIALS
Week 4:	

