

## Fayette Progressive Preschool

### Family Engagement Using Conscious Discipline

#### Outline for 2016-2017 School Year

#### **What Is Conscious Discipline?**

Conscious discipline encompasses four components for success: Brain State, Safety, Connection and Problem Solving. In the homes, it empowers families with self-awareness, brain information, developmental knowledge and useable skills necessary to create safe, connected, problem-solving homes. At school, conscious discipline integrates social-emotional learning, discipline and self-regulation so teachers spend more time teaching vital life skills. Conscious discipline provides various online resources and printable activities that will support teachers and families in both settings.

#### **Family Nights (First Tuesday of each month, 6:00-7:00)**

Fayette Progressive School will host family nights once monthly to provide parents support and ideas for positive interactions with their children. Family night activities will be developed from staff through a book study of the book *Conscious Discipline: Building Resilient Classrooms*. Each classroom will participate and develop activities and resources for approximately two family nights throughout the year.

#### **Suggested Family Night Timeline:**

September 6, 2016: Introduction to Conscious Discipline

October 4, 2016: Brain State Model

November 1, 2016: School Family

December 6, 2016: Composure

January 10, 2017: Assertiveness (First Tuesday back from break)

February 7, 2017: Encouragement

March 7, 2017: Choices

April 4, 2017: Empathy

May 2, 2017: Positive Intent/Consequences