



Conscious Discipline Parent Education Class

Join teacher Pam Beard and director Carolyn Burke as we view Dr. Becky Bailey's Conscious Discipline DVDs and engage in group discussions afterwards.

The cost is \$150 per family (both parents can attend for this cost) and includes Becky's book *Easy to Love, Difficult to Discipline*. If you have taken the class before, you may join us again for just \$25 per family!

Who: All interested local families

When: Jan 17, 24 & 31 and Feb 7, 14 & 21, 7-9 p.m.

Where: Haverkamp Room at Westminster Presbyterian Church

Contact preschooldirector@wpc-alex.org or 703-549-5267
to register and for more information.

From the Conscious Discipline website:

Conscious Discipline is "a neurodevelopmental model that focuses on internal states first and behavior second. The Conscious Discipline Brain State Model becomes a framework for us to understand the internal brain-body states that are most likely to produce certain behaviors in children and in ourselves. With this awareness, we learn to consciously manage our own thoughts and emotions so we can help children learn to do the same. The goal of this model is not to turn into neuroscientists, but to provide a simplified brain model as a means for increasing our self-awareness so we can respond consciously to the needs of the moment.

Our multidisciplinary approach surpasses behavioral approaches that teach specific behaviors, and offers a neurodevelopmental model of the brain based on and adapted from the work of Bruce Perry, Daniel Siegel, Allan Schore, Louis Cozolino, Joseph LeDoux, Paul MacLean, and Alexander Luria."