



CONSCIOUS DISCIPLINE PARENTING CURRICULUM

Parenting Curriculum for Parent Education nights, PCMs, Home Visits and Mini Sessions



CONTENTS

- What and Why
- Home Visits
- PCM
- Open House/ Curriculum night
- Parent Education Curriculum
- Mini Sessions
- Covid-19 Plan
- Child Plus – how to document educational moments.
- Where to find resources

- 
- *Purpose:* To align all of our practices from the classroom to the parenting education and engagement with families. This shift to a unified structure will allow a shared language and set of behaviors that will allow children to prosper in a safe and connected environment. Parents will have the discipline skills to improve the emotional and social issues that affect their children in a variety of situations. For parents, this will help their ability to teach their children new skills instead of reacting to their child's feelings.

*CDC - Conscious Discipline Classroom

WHAT IS THE CURRICULUM AND WHY DOES IT AFFECT ME?

What?

- The parent curriculum book is guidance on how to apply conscious discipline to home visits, parent education nights, PCM's, and Mini Sessions.
- It is fully scripted and takes no extra training to impellent. Watching the ten part video series prior to teaching is preferred.
- It has a ton of extra tools and resources that makes it easy to share with parents

WHY?

- To align all of our practices from the classroom to the parenting education and engagement with the families.
 - The big take away from the book was to have a universal structure parents can count on.
 - One example is to give parents visual schedules for events such as: home visits and PTCs so there are no unknown factors and they can feel prepared.
 - This will create agency consistency especially as children transfer classrooms.



INSIDE THE VISUAL SCHEDULE

- Ideally, all types of meetings with families will have this structure:
 - Greeting ritual
 - Connection Ritual
 - Goodbye Ritual
- There are many other options but minimally this is the expectation.

Example Schedule

Home Visiting Schedule	
	Greeting Ritual
	Connection Ritual
	Goal Planning or Progress Updates
	Conscious Discipline Learning Moment
	Does the family need any support?
	Goodbye Ritual

Fill In Options

Home Visiting Schedule	
	Greeting Ritual
	<ol style="list-style-type: none"> 1. Twinkle Twinkle 2. Round the Garden 3. Dancing Hands 4. On Your Face
	Goal Planning or Progress Updates
	Visual Rituals Ways to be helpful board Rule picture cards Family and Friends Jobs
	Does the family need any support?
	Goodbye Ritual

HOW WILL HOME VISITS DIFFER?

Family Advocates

- Family advocates will provide a CDC mini session during each HV.
- The mini session will work in conjunction with the goals setting expectations.
- Family advocates will provide a visual schedule.

HOW WILL HOME VISITS DIFFER? CONT.

Teaching Staff

- Almost everything will stay the same except the social and emotional teaching moment will be Conscious Discipline based.
- Teacher will need to provide the families a visual schedule.

Both teacher and family advocates will need to communicate which CDC lessons the children and families have participated in. For example, if the family joins a PCM night and learns about composure, that needs to be documented so in the next home visit they can review the skill and then start another.

PCM CHANGES?

- There are options to use the CDC structures. At a minimum we would like
 - Greeting and Goodbye
 - Visual Schedule
 - Connection rituals such a brain brake game, song or I love you ritual as a group.
- There are many options for adding structures such as
 - Job Boards
 - Make and Take
 - Parent child activity
 - Using a mini session lesson
 - Breathing Techniques

CURRICULUM NIGHT EXPECTATIONS

- Curriculum nights are different depending on the center.
 - Just like the PCM nights the minimum CDC expected is greeting and goodbye, visual schedule and connection activity.
 - Everyone will share the same knowledge to have that universal base. Pages 12-14 in the parenting curriculum book.
 - Introducing the Flip CDC cards
 - Ensure we answer the questions what is CDC? How does it work with children and their emotions?



CURRICULUM NIGHT EXPECTATIONS CONT.

- Large Centers like East may want to create a station where they share this information.
- Smaller centers such as Ridgeline may want to present the information as a verbal presentation to the entire group together.
- Each center can decide how they want to share the information depending on the needs of their families.

HOW WILL IT CHANGE PARENT LEARNING NIGHTS?

- Currently, our parents are offered Circle of Security as a parent education tool. They will continue to be offered this curriculum.
- The CDC curriculum is a different parent education tool we have the ability to use.
 - Parent education will be run for seven consecutive weeks with the same families.
 - There will always be three facilitators.
 - Follow the script as is.

WHAT ARE MINI SESSIONS?

- Mini sessions are short skill building opportunities.
 - These can be used at home visits, PCM night or as a stand alone drop in.
- The mini sessions will be the tools family advocates and teachers have access to when completing their home visits.
 - If parents respond well then this would be our opportunity to invite them to the full parenting curriculum sessions.

*During COVID 19 the Mini sessions may be offered to families via recorded sessions.

THIS IS ALL WELL AND GOOD BUT WHAT ABOUT THAT 'RONA?

Introducing Conscious Discipline

- Family advocates will do a virtual home visit. Families will have access to a paper version of the parenting handbook, PDF or screen share via zoom. FAs will review the CDC procedure explaining what CDC is, the expectations for parents and where they will have opportunities to engage in CDC during the school year.
- Teaching staff will present the CDC classroom structures handout during the meeting and greet. To give the parents a taste of what their child can expect they will greet parents using the CDC greeting ritual.

Curriculum Night

- Information can be shared via live zoom or a pre-recorded presentation.
- Parents will be provided needed tools ahead of the online curriculum night.

THIS IS ALL WELL AND GOOD BUT WHAT ABOUT THAT 'RONA? CONT.

Parent Nights

- Will be completed via zoom during a live session.
- Aim for 45 minutes.
- Follow the scrip when able.
- Be sure and provide any needed tools or activities prior to the live session.

Home Visits

- Home visits will be done via zoom using the same structure.
- Needed tools need to be sent home prior to the visit.

Mini Sessions

- Potentially we can offer drop in mini sessions on zoom.
 - Record the session, after the first session sent a video to all parents so they see what happens.
 - Following session can be sent to interested parties.
 - Education videos from PCM can be recorded shared.

HOW ARE WE GOING TO TRACK PROGRESS?

- A big factor in this method is ensuring family advocates, teachers and CDC lessons taught during PCM's are all aligned.
- To ensure this, we have created a new event in child plus.
- The expectation is that once a home visit is completed, the teacher or family advocate will go in and identify what training was completed.
- The PSA will be responsible for documenting standard lessons at PCMs. *On the attendance sheets, we will need to write the lesson given.
- This way, when the next visit happens everyone can see what has been taught and will not repeat a lessons.
- We will provide a short module for these lessons. This way, every parent will get the same education and if they switch classrooms, we will know the education they have received.
- This will allow for a report to be pulled to quickly see the parent education of each child and decide what lesson should be next.

DOCUMENTING EXPECTATIONS

- When documenting in child plus go to →Family Services. If you are first you will create the event called Conscious Discipline. If not first, just add to the already created Conscious Discipline event.
- In the notes, time stamp and type in “CDCL” + ‘enter’. Complete the question that appear.
 - ❖ 7/30/2020 11:27 AM Steffi Redhead Disabilities Coordinator
 - ❖ Connection ritual:
 - ❖ CDC Lesson:
 - ❖ CDC Resources Given:
 - ❖ Parent Reactions (Supportive, eager to learn, not interested etc):
 - ❖ Which Parent or guardian (Mom, Dad, Grandma etc):
- All of this information should come from the parenting education folder so others can see what is shared.



PULLING REPORTS

- Pull report 4110 – Family Services History.
- Under event types, ensure that Conscious Discipline Lessons is clicked.

WHERE TO FIND RESOURCES AND WHAT IS AVAILABLE

The tools that are need can be found on the Shared drive → Universal Documents → Conscious Discipline in the pre-k classroom → Parenting Curriculum

Books will be kept with Center Directors for easy access.

You can visit www.cdperks.com/parents

Here they have videos and tools that may be referenced in the book.

