



## ***Conscious Discipline Parent Education Class***

Join teacher Pam Beard and director Carolyn Burke as we view and discuss Dr. Becky Bailey's 10-hour online course, *Conscious Discipline: Building Resilient Schools and Homes*.

The cost is \$150 per family (both parents can attend for this cost) and includes the course guide.

If you have taken the class before, you may join us again for just \$25 per family!

**Who: All interested local families**

**When: Jan 16, 23 & 30 and Feb 6, 13 & 20, 7-9 p.m.**

**Where: Haverkamp Room at Westminster Presbyterian Church**

Contact [preschooldirector@wpc-alex.org](mailto:preschooldirector@wpc-alex.org) or 703-549-5267  
to register and for more information.

*Conscious Discipline Brain State Model:*

(<https://consciousdiscipline.com/methodology/brain-state-model/>)

*“Conscious Discipline empowers us to be conscious of brain-body states in ourselves and children. It then provides us with the practical skills we need to manage our thoughts, feelings, and actions.*

*With this ability to self-regulate, we are then able to teach children to do the same. By doing this, we help children who are physically aggressive (survival state) or verbally aggressive (emotional state) become more integrated so they can learn and use problem-solving skills (executive state). When we understand the brain state model, we can clearly see the importance of building our homes, schools and businesses on the core principles of safety, connection and problem-solving.”*