

**The Butte College Foster/Kinship Care Education Program Presents:**

**Trainer: Russ Hansen, LMFT**



## **Dr. Becky Bailey's Conscious Discipline Live & Ten Steps to Positive Discipline & Preventing Power Struggles**

Conscious Discipline is based on the work of Dr. Becky Bailey. Conscious Discipline is a comprehensive life management program and social-emotional curriculum based on current brain research, child development information and developmentally appropriate practices. Conscious Discipline has been specifically designed to make changes in the lives of adults first. The adults, in turn, change the lives of children. Dr. Becky Bailey's Conscious Discipline empowers adults with the Seven Powers to possess Self Control. These powers change adults' perception and relationship with conflict, empowering them to be proactive instead of reactive during conflict times. These core beliefs strengthen our utilization of the frontal lobes of the brain. The frontal lobes are to the brain as a conductor is to an orchestra. The frontal lobes are our moral leader. From beliefs instilled with the Seven Powers for Self Control emerge the Seven Basic Skills of Discipline. These skills change how adults respond to conflict in such a way as to facilitate the development of the frontal lobes in children. The Seven Skills are what an adult needs to constructively transform conflict into teaching moments. Through the Powers and Skills, adults stay in control of themselves and in charge of children. As adults begin to change their attitudes and behaviors, so will the children in their care. We cannot teach behaviors and skills that we do not possess ourselves. Come get some great tools to improve how you parent and bring peace to your home.

**When: Thursday Evenings 6:00pm to 9:00pm**

**Dates: January 5, 2012 to March 15, 2012**

**Location: 2491 Carmichael Dr. Suite 300 Chico, CA 95928**

Please call Butte College Foster/Kinship Care Education at 530-897-6235 to sign-up for any of these classes. **If you are new to the program or have not attended training recently please arrive 15 minutes early to fill out mandatory paperwork or fill it out from the website and bring it with you.** [www.butte.edu/careerservices/fosterkinship/](http://www.butte.edu/careerservices/fosterkinship/)  
Or go to [www.butte.edu/careerservices](http://www.butte.edu/careerservices) and click on Foster/Kinship Care Education Program



*Thanks for your cooperation, it really helps!! Choose Your Attitude AND Make It A Great Day!!*

