



Conscious Discipline®

Becoming Brain Smart®

What you can do to boost your children's brain power and engage cooperation through Conscious Discipline!

Call: (888) 703-4PCU

E-mail: Classes@ParentChildU.com

Based on: Becky Bailey, Ph.D.'s lifework

Presented by: Tracey Kretzer, M.S., LPSC, CCDI

Certified Conscious Discipline Instructor

& Founder of www.ParentChildU.com

There's a revolution in brain research that is impacting teaching and learning! Each child's brain is as unique as his or her fingerprints. Learn in easy-to-understand terms what to do to boost each child's brain potential. Come learn:

- ◆ How to assess and manage your own "emotional brain" as well as help foster emotional intelligence in your children.
- ◆ The underlying physiology behind impulsiveness, distraction, and aggression, PLUS what to do about it!
- ◆ How you can not only positively discipline children but literally change their brain chemistry in the process. This yields lasting changes in behavior, not temporary fixes!
- ◆ The "anatomy" of any discipline encounter.
- ◆ How children's brains develop and what you can do to boost their potential
- ◆ The three skills of Brain Smart® discipline. These basic skills are essential for maintaining and regaining self-control.
- ◆ How to create "encouraging" environments based on inclusion, cooperation and safety by using the language of safety.

Class description from www.ConsciousDiscipline.com. Be sure to visit for more information!