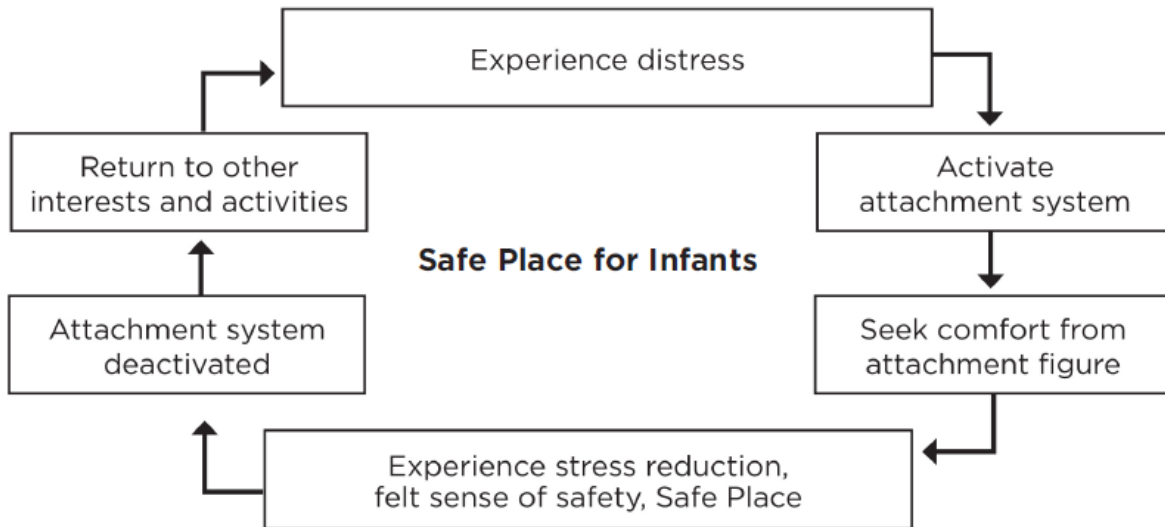


Let's Start At The Very Beginning: Creating Meaningful Connections

Presented by Vicky Hepler
Loving Guidance Associate
Certified Conscious Discipline Instructor



Attachment system on: Exploration system off
Attachment system off: Exploration system on

Attachment Is Built By Attunement

Attunement requires present, responsive, conscious adults who understand and speak the language of emotions. Nonverbal facial expressions, body language, touch, tone and intent of vocalizations.

Infants learn to self-regulate their internal states in dynamic interactions with caregivers. They cannot do it alone. It requires willing S.T.A.R. partners.

Twinkle Twinkle Little Star

Twinkle twinkle little star,
What a wonderful child you are.
With bright eyes and nice round cheeks,
A talented person from your
head to your feet.
Twinkle twinkle little star,
What a wonderful child you are!



Three Nice Mice

Three nice mice, three nice mice,
See how they care, see how they care.
They hold both hands and give a shake,
Smiling together good friends they make.
Then turning around for goodness sake,
Three nice mice, three nice mice.



S.T.A.R. Partner

Sensitive, Timed, Attuned, Response

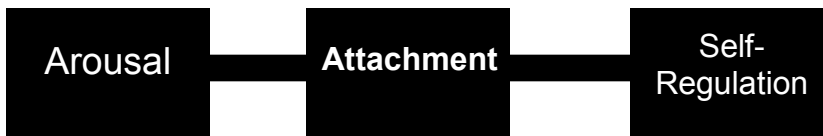


With no STAR attachment figure:
Sometimes

Shut Down

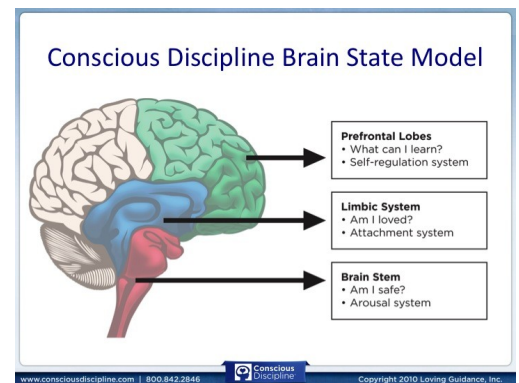
<p>Fight Response-Too Much Arousal</p> <p>Crying, Fussing, Protesting</p>	<p>Flight Response-Too Little Arousal</p> <p>Withdraw, self-reliant, distant, deal with threats alone, no help</p>
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Connections on the outside create connections on the inside.



Relationship wires the brain for impulse control

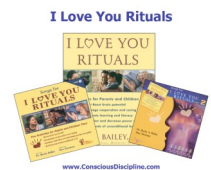
Connections through attunement builds attachment



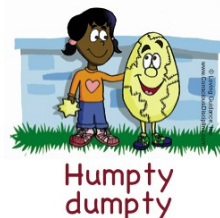
Connection stimulates a neuro-chemical pathway that says, "Pay attention. This is good."

How do we create these neural pathways?

- Eye Contact
- Gentle, appropriate touch
- Presence
- Playful Interactions



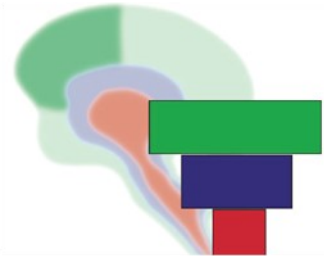
Humpty Dumpty
Humpty Dumpty sat on a wall.
Humpty Dumpty had a great fall.
All the king's horse's and all the queen's men,
Could put Humpty together again!



Safety is the key to a balance brain!



You have a new job description....
You are the SAFEKEEPER!



Use the language of safety...My job is to keep you safe. Your job is to help keep it safe.

- Routines are the CORE of Safety!
- Routines must be predictable
- Routines should be in pictures (Young children encode information in pictures)
- They are means by which young children tell time and learn to regulate their internal clocks.
- Without routines, chaos reigns!
- Think of a time during the day when there is chaos. That is where to add a picture routine.

Rituals: Build relationships and provide connections

- Greeting Ritual
- Wish Well Ritual
- Diaper Changing Ritual
- Leaving Rituals
- I love you Rituals

Rituals Aid In Bonding:

When baby is fussy or crying:

- Heart to Heart (shhhhhh sound)
- Humming
- Pressure Hold (Swaddling)

When baby is content:

- I Love You Rituals
- Sing-Song voice
- LOTS of eye contact

Jack Be Noodle
Jack be noodle,
Jack be stiff!
Jack come over and hug me quick!



**If we want smart happy children we must consciously touch them!
The only sense we cannot live without is touch.**

- The brain and skin develop from the same embryonic fluid.
- The skin in essence is the outside lining of the brain.
- When we touch a neurotransmitter called the nerve growth factor is released.
- The nerve growth factor is essential for being able to learn.



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4 - 12 years

June 23 - 29, 2011

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4 - 12 years

July 10 - 16, 2011

New!
Infants & Toddlers
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0 - 3 years

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This conference provides attendees with the unique opportunity to see Conscious Discipline in a working school, to experience an actual Conscious Discipline classroom in action, and to learn from the teachers and other professionals at that school.

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