

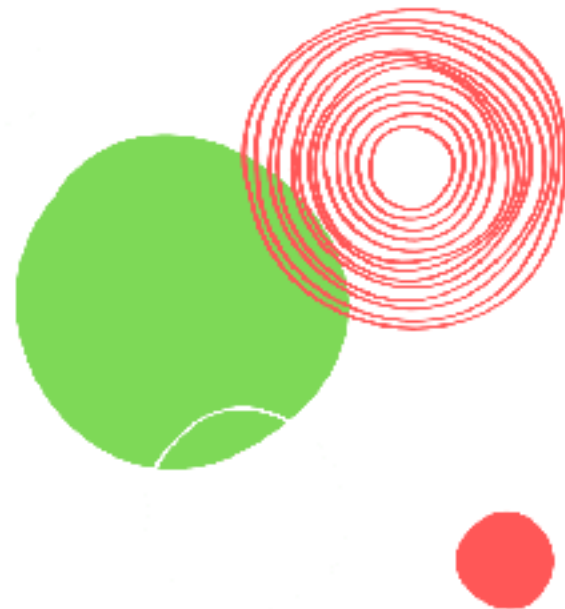
# Centering Connection

## Positive Discipline in the Home



We Can't Wait Conference 2022  
Aisha Pope & LaTysa Flowers

What do you think of when you hear Positive Discipline?





# CHALLENGES



Tantrums  
Sleep Problems  
Talking Back  
Fighting/Hitting  
Biting  
Too Much Electronics  
Crying  
Sneakiness  
Poor Social Skills

Morning Hassles  
Whining  
Snatching Things  
Tantrums (it bore repeating)  
Difficulty Self Regulating  
"Strong Willed"  
Unmotivated  
Defiant  
Dependent





# LIFE SKILLS AND CHARACTERISTICS



Respect for Self and Others  
Happy  
Contributing  
Financially Stable  
Emotionally Literate  
Motivated  
Good Problem Solver  
Good Communication Skills

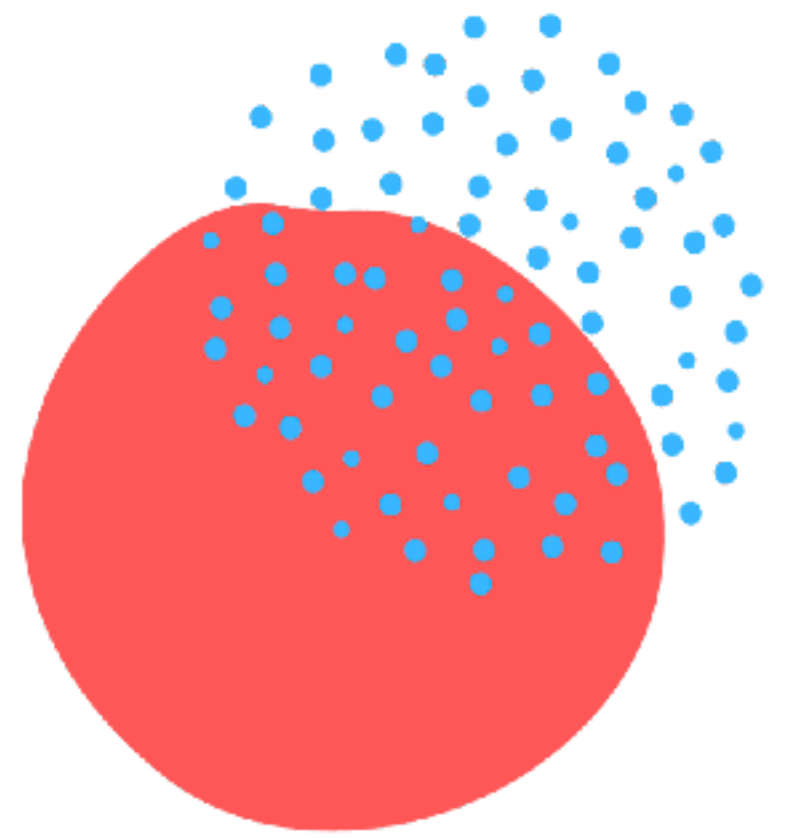
Good Work Ethic  
Healthy  
Relationships  
Honest  
Sense of Humor  
Compassionate  
Socially Aware  
Civic Minded  
Flexible



Where did we ever get the crazy idea that in order to make children do better we have to make them feel worse?



What do they need from us?





# FEELINGS CHECK-IN

What are you thinking, feeling and deciding?



# Excavating the iceberg





# Excavating the iceberg

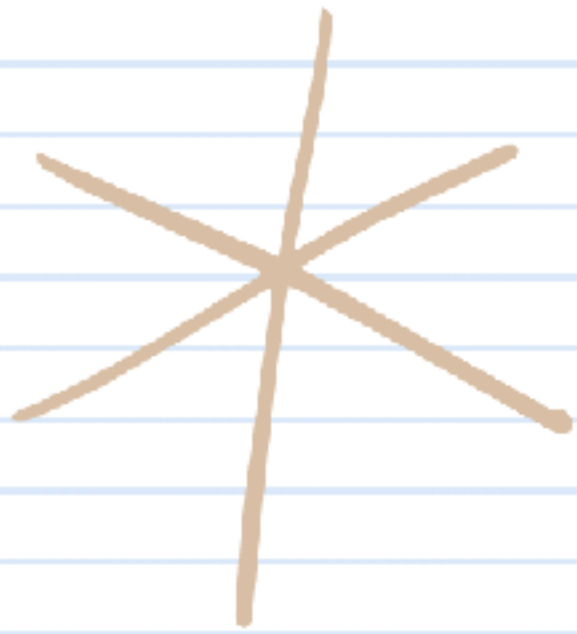


How do we help children heal?

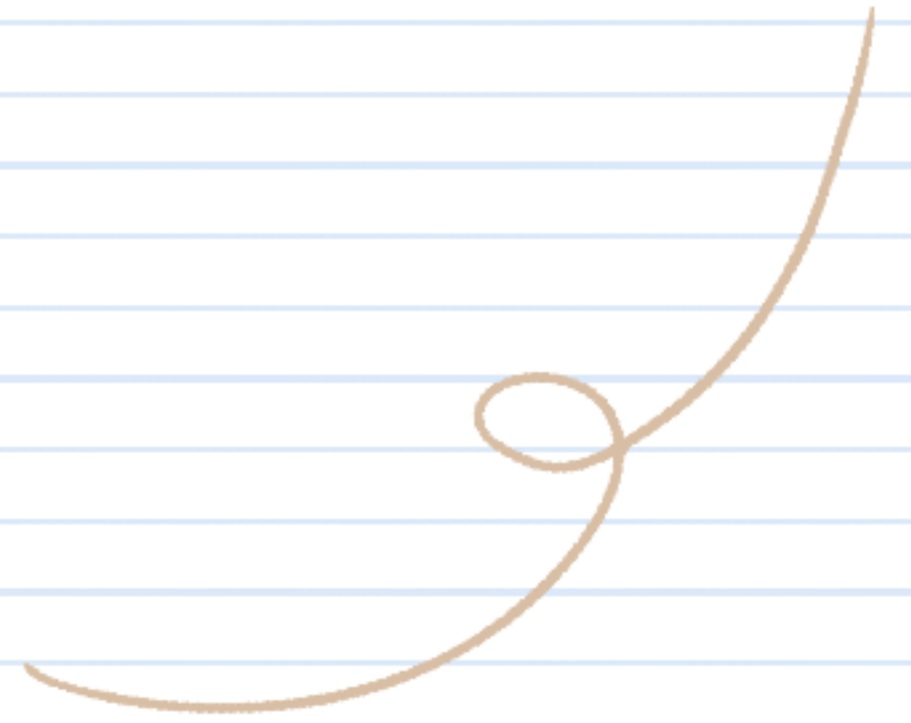


What are some healing interactions we create each day?





## 5 Keys to coregulation



THANK  
YOU

LaTysa and Aisha



