

Discipline: The Brain Smart Way



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Agenda:

- Overview: Examine Key Parts of the Brain
- Experience It: Your Hot Button
- Brainstem
- Coffee Break (7)
- Limbic
- Cortex
- Current Methods
- Positive Discipline
- Review



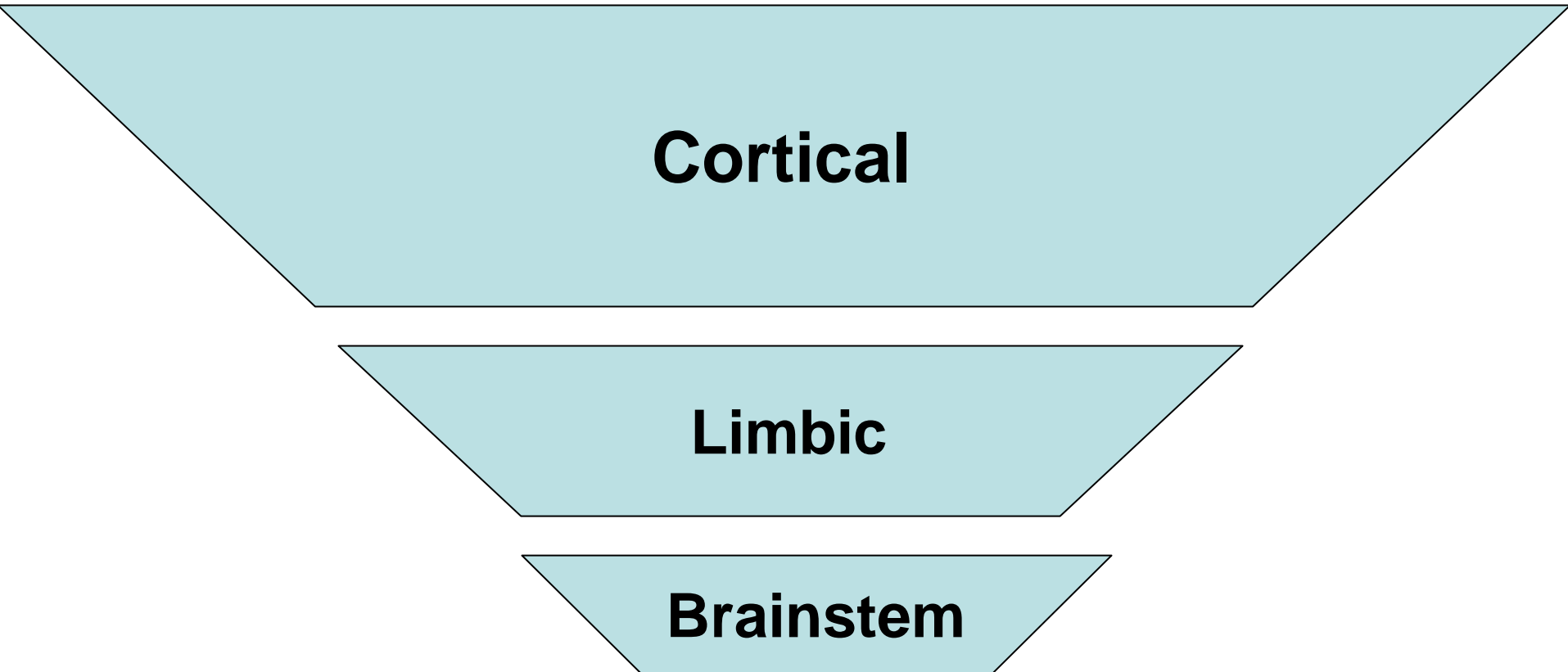



Objectives:

1. Will examine three areas of the brain and their functions.
2. Learn how to do mini-behavior assessments.
3. Will learn to respond to children in developmentally appropriate ways- when discipline is needed.

The Stages of Brain Development

Hierarchically Organized





WHERE IS
EVERYONE?

THEY WERE
EXPELLED

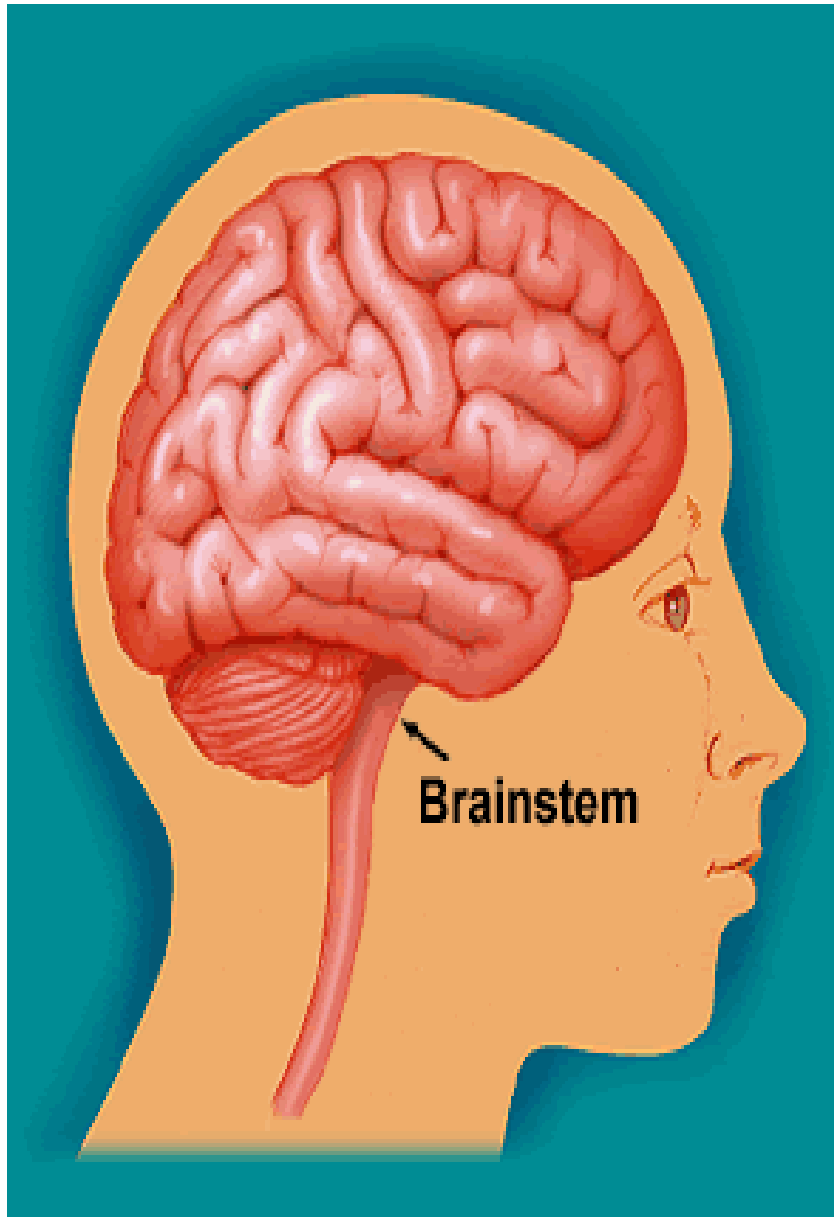
ZERO
TOLERANCE
POLICY

Experience It:

1. Make a note of your hot button.
2. Tell someone beside you why – this is your hot button.
3. Save it for now, but be ready to share your hot button with the group.



Brainstem



- Assessment:
What types of behaviors do we see?
- Skills Needed

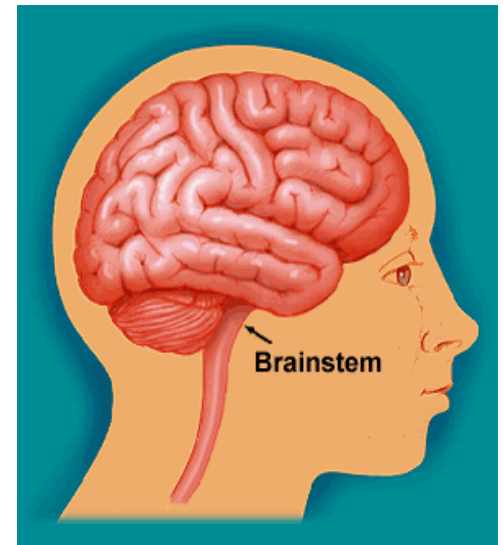
Brainstem

- What kinds of behaviors do we see:

- Skills needed:

1. _____

2. _____



Brainstem

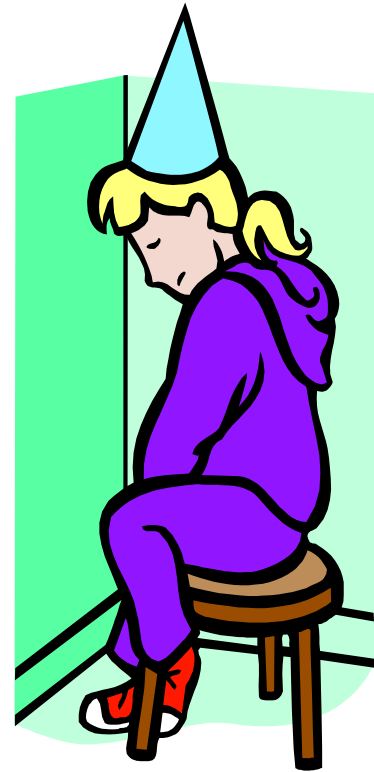
A child who is functioning in the brainstem is not ready for a teachable moment!

- Skill Needed:
-

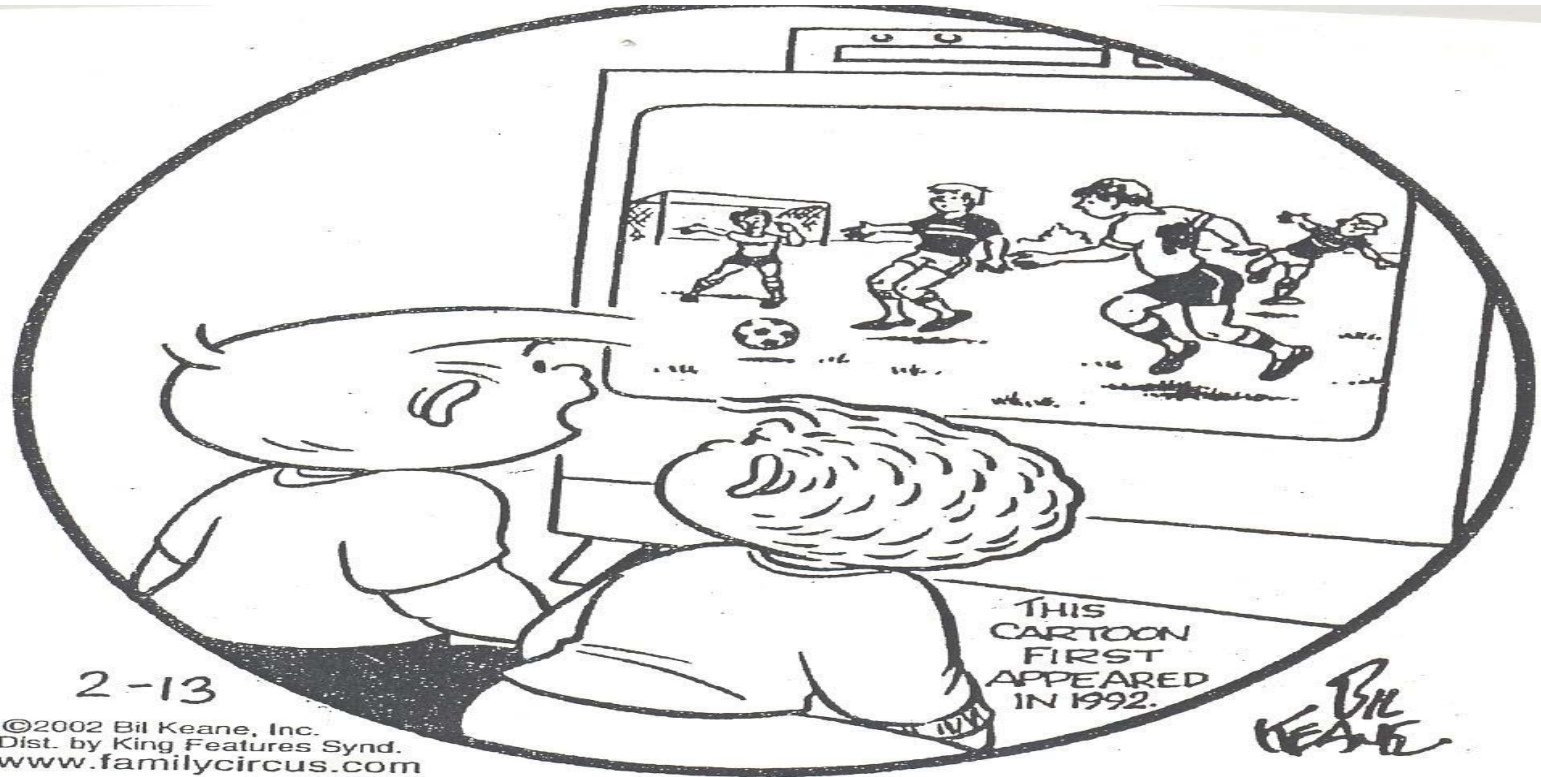


Negative Punishment

- Focuses on manipulation and control
- Motivates from fear
- Focuses on the behavior we don't want
- Reinforces the very behaviors we are trying to eliminate
- Fosters out of control behavior



Don't make your children angry by the way you treat them.



“The reason they can play that good is their parents aren't yelling at them from the sidelines.”

Current Punishment Methods

- Fear of Punishment
- Fear of Inadequacy
- Fear of Abandonment
- Fear of Imposed Guilt

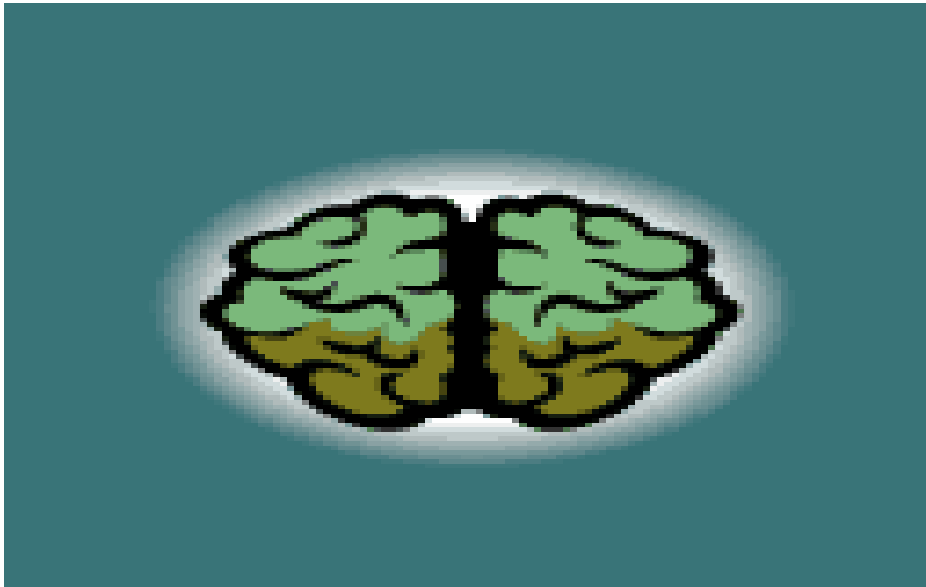




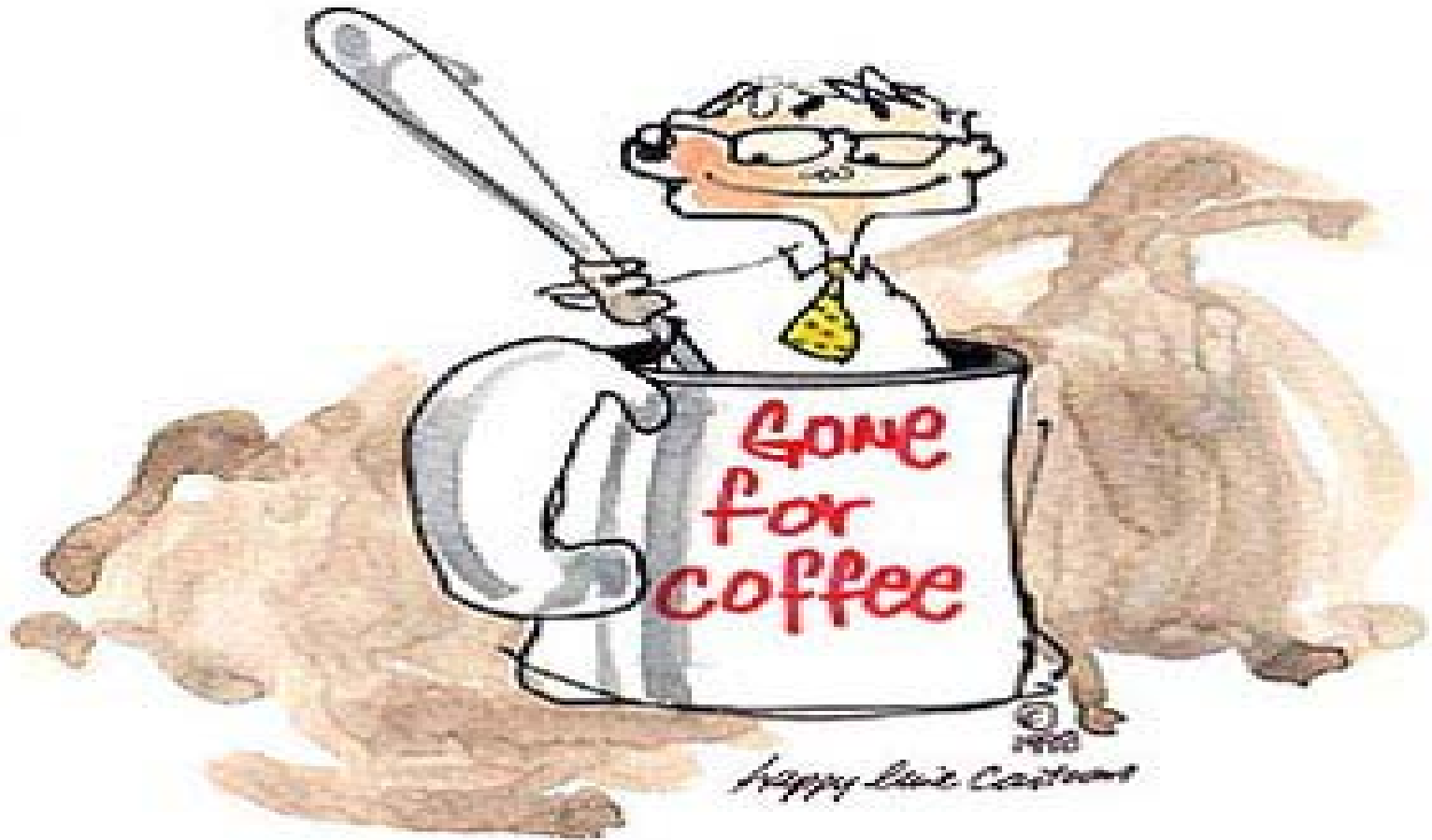
Positive Discipline

- Focuses on connection and respect
- Motivates from love
- Focuses on the behaviors we expect from our children
- Helps us to maintain self control
- Teaches self control to our children

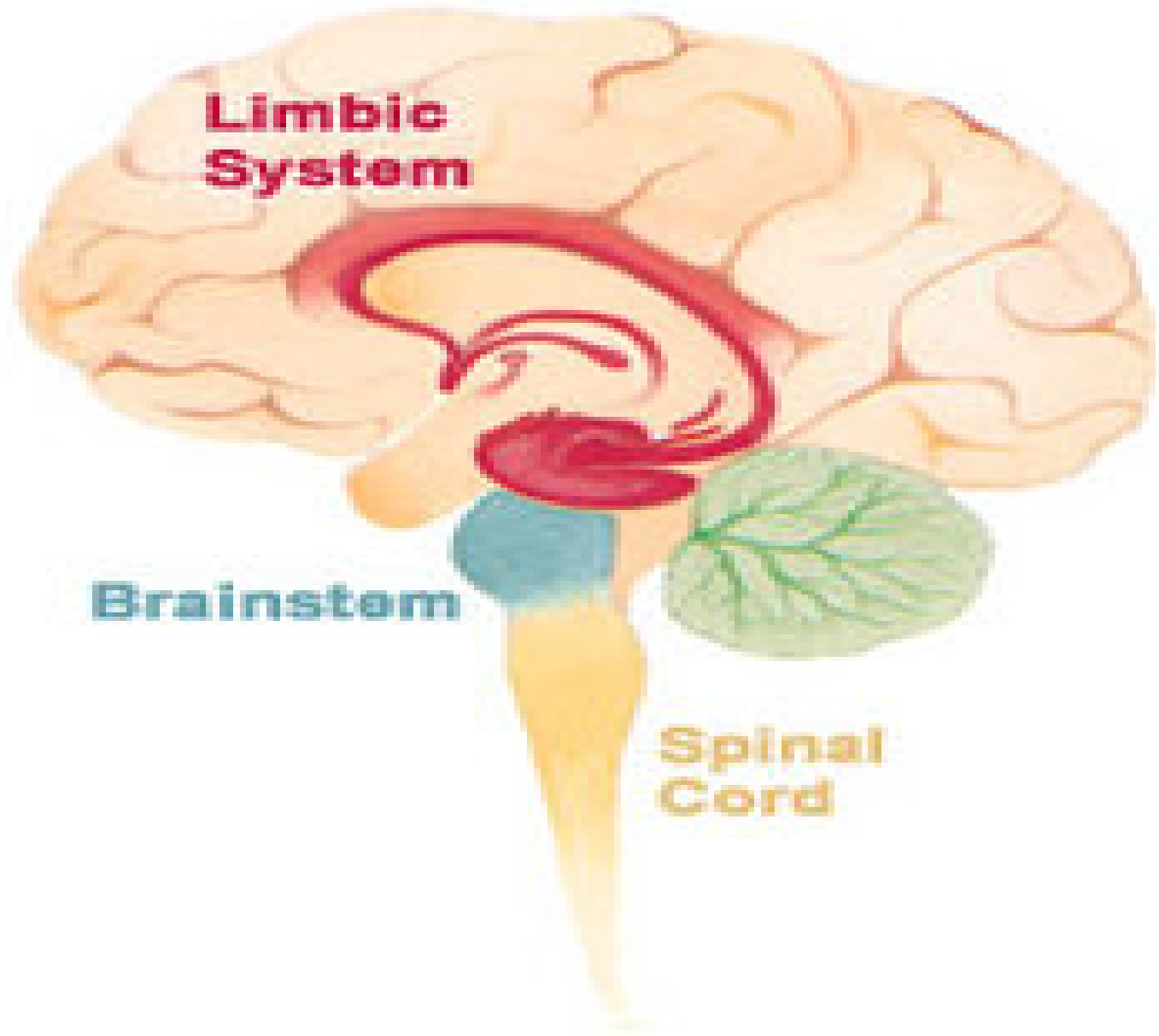
The Brain Functions Optimally When it Feels Safe!



Give Me A Break (Take Seven!)



Limbic System



Hot Buttons

- Who still has their hot buttons?
- What are they?



Limbic:

- Behaviors we see:

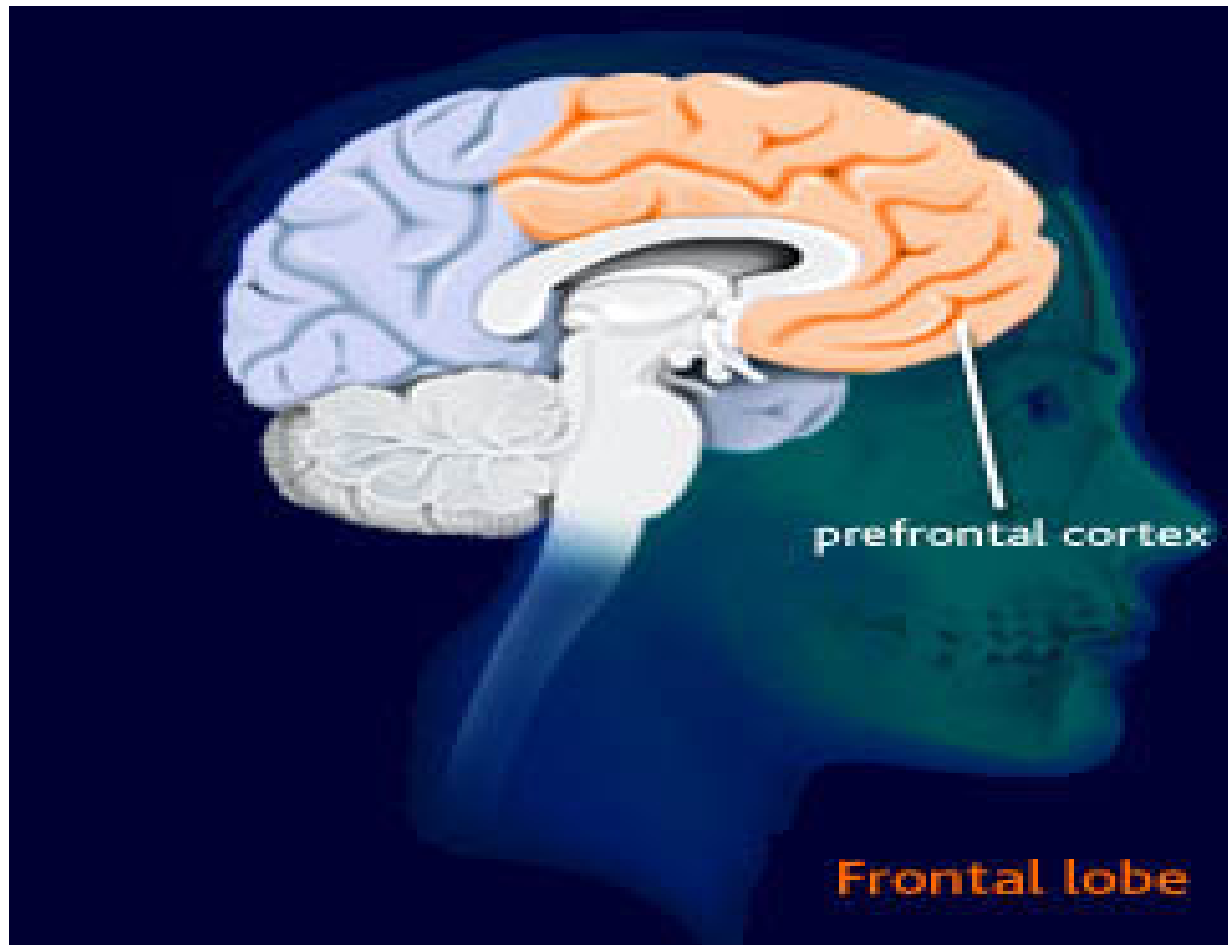
- Skill needed:

- 95% Rule says:

Say good-bye to “hot buttons.”

- I acknowledge that when I feel upset it is because things in my world are not going my way. I no longer will give my power away to children, people or events!
- I now know that punishment, getting children to feel bad about themselves is not a solution. I am ready to stop using methods of punishment. I want to help the children develop self-control, through using methods of discipline.

Cortex (Blue & Pink Layers)



The Cortex:

- Skills/Behaviors:

Wanna Know More??

Education Solutions



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