

# Conscious Discipline Weekly Worksheet

## March 11, 2009

This week's focus: 5 steps for Preventing Power Struggles  
By Becky Bailey, Ph.D.

1. Give a clear command with an assertive "just do it" voice. Example: "It's time for bed."

DON'T ask "Are you ready for bed?"

If the child is successful, praise by saying "You were ready right away"

NOT "I'm so proud of you" OR "Thank you."

The goal is to facilitate compliance rather than demand obedience.

If the child did not comply with step one, then...

2. State 2 Positive Choices.

"You can hop like a bunny or get on my back to your bed."

If child complies, praise by saying "You chose to hop like a bunny."

If this doesn't work...

3. See it from the child's point of view. Give empathy. Add language to what they are going through. Add word by saying, "Yes, I know it's hard to go to bed." "You wish you could stay up."

4. Look for the child's body to relax and then restate your two positive choices.

If the child did not comply

5. With younger children, you may have to physically move their body, however, since you have used steps 1-4, you have provided language and have used empathy to enrich the child's experience. "Now, I have to pick you up and put you on the bed." Tell the child that you are going to move him/her and why you are doing it. "I have to keep your body safe. I cannot let you hurt yourself or someone else." "I cannot let you... With older children, you could say, "You are right, I cannot make you (state whatever you have asked the child to do) and walk away.

