

**Conscious Discipline**  
**Weekly Information Sheet**  
**From Chapter Two Encouragement**

Here are some guidelines to help you notice children instead of judging them:

Start your sentence with the child's name or the pronoun "you" or "You did it!" or "Look at you."

Example: "You climbed in and fastened your seatbelt."

Next describe exactly what you see. Pretend you are a camera. Before you speak, ask yourself, "Can a camera record what I am about to say?" If not, then you are still judging. Example: "You found Mia's blanket and gave it to her."

End your description with a tag statement. Use tag statements that describe attributes for your child or values you admire.

Examples: "That was helpful."

"That was thoughtful."

"That was kind, caring, loving, etc."

"You did it. You found Mia's blanket and gave it to her.  
That was helpful! "