

➤ COMMUNITY SPOTLIGHT



Training helps educators and parents transform everyday discipline issues into teachable moments

Conscious Discipline approach equips parents and educators with tools, strategies and skills to better manage emotions and support student success

“This event provided early childhood professionals with more tools, strategies and skills to better manage emotions and support student success.”

– Tara Taylor

Cowley County Head Start Director

According to the Centers for Disease Control and Prevention, rates of depression and anxiety in children ages 3 through 17 have increased significantly over the past 15 years. It is estimated that one out of every six children ages 2 through 8 are diagnosed with a mental, behavioral or developmental disorder. Cowley County early childhood professionals see these struggles daily and are hungry for additional education and skill development to help children and families cope with these realities.

As part of their Preschool Development Grant Birth through Five Quality Subgrant project, Cowley County early childhood professionals partnered to host Conscious Discipline training. This trauma-informed, research-based program transforms everyday discipline issues into teachable moments, equipping children with the skills needed to manage themselves, resolve conflict and develop healthy behavior.

Head Start, USD 470 Early Literacy Initiative, Winfield Early Learning Center and Cowley County Special Services Cooperative spearheaded the training and invited other professionals to participate. They also hosted family nights to share what they learned with parents.

One-hundred twenty-five Cowley County early childhood professionals gathered for a joint Conscious Discipline training. Attendees included USD 470 and USD 465 pre-K and kindergarten teachers, countywide Head Start teachers, school counselors and administrators, child care providers, Four County Mental Health Center, and other early childhood professionals from across Cowley County.

Parents were invited to attend Conscious Discipline family night so they could incorporate at home the tactics the educators were utilizing in the educational setting. During their visit they learned quick and easy strategies that can be used in everyday situations like transition times, turn-taking and routines.

**All In For
Kansas Kids**

CONTACT

To learn more about Conscious Discipline training and how to create a learning community, contact Lindsay Wilke, early literacy coordinator with USD 470, at lindsay.wilke@usd470.com.