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Trauma Informed Education with Conscious Discipline

Pro Action's Head Start Birth to Five Program uses an approach called Conscious Discipline with enrolled children and families. [Conscious Discipline](#) provides self-regulation strategies to staff and families to help children, so they are better prepared to learn, and problem solve. Conscious Discipline is used to create a positive culture for all people to be able to set and achieve their goals despite the circumstances of their past and current lived experiences. These strategies are designed and implemented into practice to provide positive guidance to assist children and adults with becoming aware and mindful of when they are off track. The positive guidance provided through the implementation of these strategies support individuals with helping them recognize and identify how recover and regroup to become more resilient. By implementing strategies that support resiliency, our program provides the children and their families hope and a greater chance to live their lives healthier and stronger.

When individuals have experienced trauma, they enter a **defensive** brain state as opposed to an **engaged** brain state. By using Conscious Discipline's trauma-informed approach, the goal of the Head Start Birth to Five Program is to provide positive guidance to children on how to move out of the defensive brain state by self-regulating. Children and adults need to feel safe, connected and able to problem solve in social settings for the brain to become engaged in learning opportunities.

Head Start Birth to Five staff are dedicated and committed to making connections and relationships with children and families in the classroom, as well as, in homes. These connections cultivate a culture that allows children to establish the feeling of safety to ensure they develop the necessary skills to help prepare them for school readiness. The first step with making a connection begins with noticing even the smallest successes. Noticing is not judging; it is describing what the child did and recognizing it. It could be something as simple as, "You opened the door to let Sally in, that was helpful." From these connections a relationship begins to develop that will make a lasting difference in the lives of the children we serve and open the pathway to a richer life.

Visit our [website](#) to learn more about our Head Start Birth to Five Program and all services offered at Pro Action.

Learn more about our Trauma Informed Care efforts, including resources, on the [Resilience 101](#) page of our website.