

Conscious Discipline is an evidence-based, trauma-informed approach to parenting. It provides an array of behavior management strategies and classroom structures that teachers can use to turn everyday situations into learning opportunities.

The monthly podcast from Conscious Discipline has experts Latoria Marcellus and Amy Speidel connect with educators, parents, and community leaders in important conversations that delve into social-emotional education in today's world.

We love the “I love you rituals” and the way that Conscious Discipline shows us how to transform discipline issues into teachable moments, and teaches children how to resolve conflict and develop healthy relationships. Aside from their informative podcast, you can go to their website for more information, or follow them on Facebook and Instagram.