



## The Early Childhood Education *Bulletin*

### OTHER EXCITING NEWS

By Mary Sibley

#### Conscious Discipline Training



Palm Beach County early childhood educators, leaders and system partners joined together for two days earlier this month, to learn and practice Conscious Discipline. The training program, led by Angela Fraley, is a “comprehensive evidence-based self-regulation program that integrates social-emotional learning and discipline” ([www.consciousdiscipline.com](http://www.consciousdiscipline.com)). The goal of the program is to build resilient environments for children, which will allow teachers to spend more time “teaching vital life skills” rather than “policing behaviors”.

The Conscious Discipline program will be piloted in participating centers throughout the county in the upcoming months. For more information about behavior management training opportunities, please contact Nicole Rice at (561) 868-3648 or [ricen@palmbeachstate.edu](mailto:ricen@palmbeachstate.edu).