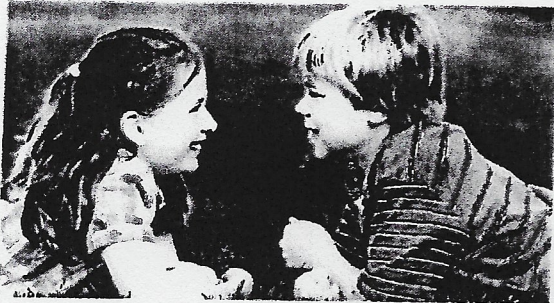


Connection Requires Four Critical Elements:

Eye Contact



Get down on the child's level to achieve **eye contact** for a brief moment. When eyes meet, a wireless connection is created between the orbital frontal areas of the prefrontal lobes. From this connection, we download inner states into one another. The eyes contain nerve projections that lead directly to key brain structures for empathy and matching emotions. As soon as you have eye contact, download calm, "There you are. You're safe. Breathe with me. You can handle this." "Mirror neurons ensure the moment someone sees an emotion on your face, they will at once sense the same feeling within themselves."
- Daniel Stern

Presence



Being present in the moment means your mind and body are in the same place. Your mind is free from chatter. You are still enough to see the beauty in the child. Presence is about acceptance as we join together to share the same moment. The present moment is where joy lies. Relax into it.

Touch



Touch is the only sense we cannot live without. The skin and brain are made up of the same embryonic tissue. The skin is the outside layer of the brain. Touch creates a hormone that is essential to neural functioning and learning. If we want smart, happy kids, then we need to provide more appropriate, caring touch.

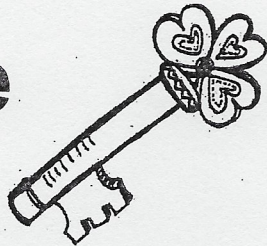
Playfulness



Playfulness helps build bonds and creates a biochemistry in the brain for dopamine. Dopamine says, "Pay attention, stay focused." Playful situations strengthen the dopamine system, increase attention spans and boost social development.



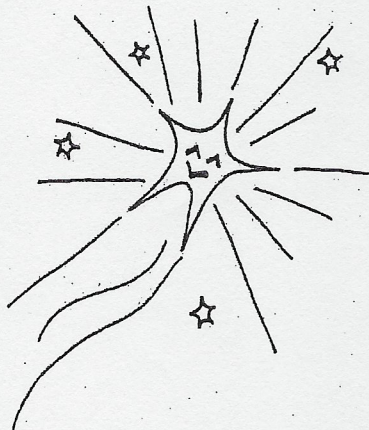
Connection Is the Key!



Adapted from "I Love You Rituals" By Becky Bailey . 1
www.consciousdiscipline.com

Choose one for the week;
After you have both
learned the ritual, take
turns playing each part.
**Remember eye contact,
Touch, presence, and
HAVE FUN!**

1



2

Twinkle, twinkle little star
(Adult and child face each other tickle each other's hands lightly))
What a wonderful child you are.
(Adult gently touches child's face)
With bright eyes and rosy cheeks
(Adult gently touches child's eyebrows and cheeks)
Talented person from head to feet
(Adult touches child's head and toes)
Twinkle, twinkle little star
(Tickle each other's hands lightly)
What a wonderful child you are
(Adult hugs child)

Adapted from "I Love You Rituals" By Becky Bailey
www.consciousdiscipline.com

2



3

Here's the bunny with the ears so funny.
(Hold child's hand in yours with two fingers for ears)
Here's the hole in the ground.
(Make a hole with child's other hand)
When a noise she hears, She picks up her ears,
(Move child's hand back and forth fingers upright)
And jumps in the hole in the ground!
(Put child's hand in the your hands. Wait just a moment and then say, "Gotcha" as you tickle and hug them)

Adapted from "I Love You Rituals" By Becky Bailey
www.consciousdiscipline.com

3



A wonderful woman lived in a shoe.

(Gently massage child's hand)

She had so many children she knew exactly what to do.

(Massage each finger of each hand)

She held them, She rocked them,

(Cradle child's hand and rock it gently)

And tucked them in bed.

(Close child's hand press it to their chest)

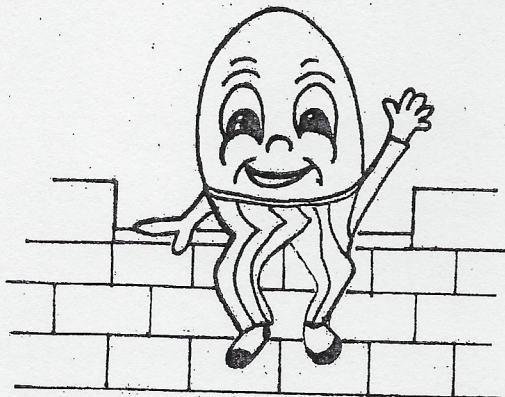
"I love you, I love you, I love you" she said.

(Adult hugs child)

Adapted from "I Love You Rituals" By Becky Bailey
www.consciousdiscipline.com

4

4



Humpty Dumpty sat on a wall,

(Adult makes wall with one hand: child uses closed hand as Humpty)

Humpty Dumpty had a great fall.

(Child rocks hand back and forth and falls.)

All the King's horses, And all the King's men

(Adult gently massages child's hand.)

They could put Humpty together again!

(Adult hugs child and puts hand back on wall)

Adapted from "I Love You Rituals" By Becky Bailey
www.consciousdiscipline.com

5

5



Round and round the garden,

(gently trace finger in a circle around child's palm)

goes the Teddy Bear.

(continue tracing circle on child's palm)

One step, two step

(walk your fingers up child's arm)

Tickle you under there!

(gently tickle under chin, under arm or tummy)

If it's naptime or bedtime instead of a tickle - say, "Hug under there!" Gently hug and take a deep calming breathe with the child.

Adapted from "I Love You Rituals" By Becky Bailey
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6

6