

# Become a Conscious Discipline Trusted Messenger

## What is a Trusted Messenger?

Be a trusted person that helps parents navigate the challenge of raising a family. Share components of the Conscious Discipline program with your clients as they parent.

A Trusted Messenger is:

- A Human Service professional in Muskegon County
- Works with parents
- A person whose advice is sought out and listened to
- Willing to share what they learn with their clients

## The Goal

Empower our local Human Service staff as Trusted Messengers in Muskegon County with an evidence-based tool used across the community to support thriving families with parenting knowledge, skills, and resources.



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## What is Conscious Discipline?

Conscious Discipline is a transformative way of working with children. It helps us think about the reactions children have so we can model our emotions to help children control theirs. Conscious Discipline helps us build connections with children, which helps increase cooperation. Conscious Discipline is used in Head Starts and Great Start Readiness programs in Muskegon County.

## Trusted Messenger Requirements

To become a Trusted Messenger, you must:

- Complete a Conscious Discipline training. The two options include the 10 week, 2 hour per week in depth full Conscious Discipline training OR an abbreviated 2 hour webinar from Conscious Discipline going over the basics of the content. (You may do one or both, depending on your comfort level with the content.)
- Attend a two hour training on how to share Conscious Discipline information
- Share Conscious Discipline information with clients

Trusted Messengers will receive the Conscious Discipline Parent Pack.