



FOR IMMEDIATE RELEASE

September 18, 2008

WAKE COUNTY SMARTSTART'S CONSCIOUS DISCIPLINE® SEMINAR TO BENEFIT CHILD CARE PROVIDERS, PARENTS

Wake County childcare centers are using and having success with Conscious Discipline®

RALEIGH, NC – In keeping with its commitment to enhance the quality of child care centers through professional development opportunities for providers, on September 27, 2008 from 8:30 a.m. until 3:30 p.m., Wake County SmartStart will host, at Wake Technical Community College, a daylong Conscious Discipline® seminar in conjunction with Vicky Hepler, nationally-recognized Conscious Discipline® trainer with [Loving Guidance](#). Hepler, a two-time winner of Teacher of the Year and former Resource Teacher with Orange County (Florida) Public Schools, spent 27 years in the classroom before joining Loving Guidance, and has made it her mission to bring joy and enthusiasm to every child, every teacher, and every classroom.

Conscious Discipline® is a comprehensive classroom management program and a social-emotional curriculum based on current brain research, child development information and developmentally appropriate practices. The program has been designed so teachers will make changes in their responses to children's behaviors, and positively affect their students' behaviors. Through the Conscious Discipline® approach, adults and children learn skills needed to successfully manage life tasks such as learning, forming relationships, communicating effectively, being sensitive to others' needs and getting along with others.

Explains Elizabeth Santana, Quality Enhancement Initiative Director with Wake County SmartStart, "For over 30 years, Conscious Discipline® has been used to improve the lives of children nationwide. We are fortunate to be able to offer this seminar to our childcare professionals who can use the information to enrich their lives and those of Wake County's children. Having hosted this seminar for four years, we recognize the value of the information, and have seen positive results in the childcare centers and homes in which the approach has been implemented."

Ms. Tica Cleveland, Director of La Petite Academy on Leesville Road, has participated in several of Wake County SmartStart's Conscious Discipline® trainings. "At La Petite Academy, we use Conscious Discipline® in all the classrooms and with all the children," Ms. Cleveland explains. "We have seen tremendous growth in our children's interactions with the staff and with one another. By using the Conscious Discipline® techniques, the children are encouraged to think about their actions and how these actions impact their peers. As a result, the children express themselves more appropriately, and the staff are managing situations more comfortably." Benefits of the training extend beyond the classrooms; parents regularly share with Ms. Cleveland the success they are having with Conscious Discipline® techniques at home.

For more information about Wake County SmartStart, its partners or its projects, visit www.wakesmartstart.org or call (919) 851-9550.

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