

# *Calm Connections*

*Foundations for Working with Students*

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# Sound Discipline

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Making Connections that Matter

# One Student

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Think of one student with whom you have made a connection.

What was it that you offered to make that connection?

What did you do that “worked?”

# Resiliency

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The ability to become strong, healthy, or successful again after something bad happens.

The ability of something to return to its original shape after it has been pulled, stretched, pressed, bent, etc.

*Why do some students that face adversity thrive and others don't?*

# Categories of Adverse Experiences

## Abuse

Psychological 11%

Physical 28%

Sexual 22% (F=28%, M = 16%)

## Neglect

Emotional 15%

Physical 10%

## Household dysfunction

Significant alcohol use 27%

Loss of parent before age 18 23%

Depression or mental illness in home 17%

Mother treated violently 13%

Imprisoned household member 6%

## ACE Score

0 – 33%

1 – 25%

2 – 15%

3 – 10%

4 – 6%

5 or more 11%

From: [www.AceStudy.org](http://www.AceStudy.org)

# Adverse Childhood Experiences

As a National Health Issue

ACEs have a strong influence on:

- Adolescent health-teen pregnancy
- Smoking-alcohol abuse, illicit drug abuse
- Sexual behavior
- Mental health (ACE score of 4, 4.5 times more likely to be depressed, 12x more likely to have attempted suicide)
- Physical health
- Risk of re-victimization, stability of relationships
- Performance in the workforce
- School: With insecure attachment and an ACE score of 4 or more students are 32 X more likely to have attention or behavior problems.

“Adverse childhood experiences are common, destructive, and have an effect that often lasts for a lifetime. They are the most important determinant of the health and well-being of our nation.”

Dr. Vincent Felitti

Felitti, Vincent, 2002 The Relationship of Adverse Childhood Experiences to Adult Health: Turning gold into lead

The problem (misbehavior) you see  
is a solution to another problem  
(that you don't see)

# Resiliency

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*“The deep belief that at one time  
you really mattered to another  
human being”*

*– Dr. Vincent Felitti, MD*







## Attachment matters:

- ✓ Attuned
- ✓ Responsive
- ✓ Coherent
- ✓ Consistent

# Why is this important?

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Relationships matter to the growing brain.

Attachment is passed on *SOCIALLY*.

Brains are plastic.

Your intervention makes a difference.



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How do we know we matter?



# Language of Love

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Did things with me

Knew me

Trusted me

Listened to me

Asked me about me

Pushed me to do what they  
knew I could

Saw something in me I  
couldn't see

Shared part of themselves  
(stories, skills)

Eyes looked happy to see me

Remembered things I liked

Took time for me

Let me teach them  
something

Held me accountable

Saw me in a positive light

## Courage

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The movement we make in the direction of becoming our best selves.

## Encouragement

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The space we make for others to find and develop their best selves

Descriptive Encouragement:

*I notice .....*

Appreciative Encouragement:

*I appreciate.... Thank you for.....*

Empowering Encouragement:

*I have faith..... I know..... I trust.....*

# Self Regulation

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Brain in the Hand of the Palm

Mirror Neurons

Breathing Strategies

Repair

- Regather
- Recognize
- Reconcile
- Resolve

# *CONNECT BEFORE CORRECT*

Connection is critical for  
human relationships.

Compassion = Being present “with”





# Baby Steps...

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## Strategy for Connection

I notice...

I appreciate...

Listening, etc. (Language of Love)

## Strategy for Calm (you & your students)

Brain in the Hand

Breathing & Co-Regulation

Connect B4 Correct

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