

# CELEBRATION OF WELLNESS

## NEWS

Issue 70

November 2023

### Let's Talk about Discipline

By Monica Clark APRN, MSN, FNP-C, CLC



There are many new trends in parenting, one of them being the topic of Conscious Discipline. What is Conscious Discipline?

Conscious Discipline solves the "Do as I say, not as I do" parenting dilemma. It is vastly different from the parenting traditions of years past. The change is from an unconscious, traditional compliance discipline model to a conscious, relationship-based, community model. Conscious Discipline is based on human connection. It focuses on social-emotional learning and relationship building rather than outlined roles. It helps parents learn parenting strategies based on safety, harmony, and problem-solving rather than external rewards and punishments. Let's examine the differences.

#### Traditional Discipline:

- Rules govern behavior
- Good behavior = external rewards
- Bad behavior = punishment (in the form of fear, shame, or pain)
- Goal = Obedience



#### Conscious Discipline:

- Connection governs behavior
- Controlling and changing ourselves is possible and has a profound impact on our children
- Conflict is an opportunity to teach
- Goal = Relationship

Conscious Discipline is based on 3 components: Safety, Connection, and Problem Solving.

1. Safety, in the sense of self-regulation. Safety requires us to regulate our inner states and take responsibility for our thoughts, feelings, and actions. The skill of composure helps us create a sense of safety in our environment by allowing us to stay calm enough to focus on what we want our children to do/learn from this moment.

2. Connection through encouragement, choices, and empathy. Connection directs the flow of information to the brain, where fear, shame, and pain will block the absorption of information.

3. Problem-solving with positive intent and consequences. Conscious Discipline is not free of consequences; it is about using consequences effectively.

- Natural consequences
- Logical consequences that are Related- Respectful- Reasonable
- No empty threats
- Followed by empathy

Conscious Discipline improves parent-child interactions, improves children's social and emotional behavior, reduces aggression, increases academic readiness and achievement, decreases impulsivity and hyperactivity, and improves caregivers' social and emotional behavior.



### Meet & Greet - November 14, 2023, at 5:30 pm

Our free monthly Meet & Greet events offer new potential patients the opportunity to meet our providers and learn about our patient-centered medical home. Please reserve your spot today by calling our office at 407-566-9700.



### Same Day Sick Appointments

Celebration Pediatrics offers SAME-DAY-SICK appointments. With the approaching cold and flu season, we know how important it is to see your child immediately. To schedule an appointment, call us at 877-595-5113.



### Happy Thanksgiving

"Be present in all things and thankful for all things."  
- Maya Angelou

Celebration Pediatrics will be closed for the Thanksgiving holiday on Thursday, November 23, 2023. Regular business hours will resume on Friday, November 24, 2023.



## MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

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### No Shave November - Unlocking the Benefits of Having Laser Hair Removal

By Jill White, Director of Aesthetics



As we enter November, we celebrate No-Shave November - a month-long journey where people ditch their razors and grow their hair to raise awareness for cancer prevention and research. This movement, which started in 2009, encourages men and women to embrace their hair and donate the money they would have spent on grooming to cancer research initiatives. No-Shave

November is a fun and meaningful way to support cancer survivors and spark conversations about cancer prevention and early detection.

However, unwanted hair can be a source of frustration and embarrassment for many individuals. We at Celebration Obstetrics and Gynecology do not believe there is only one way to enjoy a "No-Shave November. That's why we offer laser hair removal as a safe and effective solution for achieving smooth, hairless skin. Our expert providers use state-of-the-art equipment to target hair follicles, delivering precise laser energy to prevent regrowth without damaging the surrounding skin.



One of the benefits of laser hair removal is that it is a relatively painless and quick procedure, with most treatments taking only a few minutes to complete. Laser hair removal can also be performed on various skin types and hair colors. With a few sessions, patients can enjoy long-lasting results and reduce the need for frequent shaving or waxing.

So, let's embrace our hair and celebrate No-Shave November together! And remember, we are committed to enhancing the already beautiful you - inside and out. If you are interested in laser hair removal, our team of providers is here to answer any questions you may have and create a personalized treatment plan that meets your unique needs.

Contact our Spa Coordinator for additional information at 407-566-2255.



### Well-Woman Appointments

Well-Woman exams are essential to your routine care, as they can catch early signs of cancer or other major health problems before they get out

of hand. They are centered around your reproductive health, but your overall health will be evaluated during this time.

Call us at (877) 800-0239 to schedule your Well-Woman exam today.

### Happy Thanksgiving

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never have enough."  
- Oprah Winfrey



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