“If a child doesn’t know how to **read**, we **teach**.
If a child doesn’t know how to **swim**, we **teach**.
If a child doesn’t know how to **multiply**, we **teach**.
If a child doesn’t know how to **drive**, we **teach**.

If a child doesn’t know how to **behave**, we... ...teach? ...punish?

Why can’t we finish the last sentence as automatically as we do the others?”

~Tom Herner, 1998
Restorative Practices at Home

Andi Allen
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We recognize that caregiving is deeply personal.
This session is being recorded and will be shared on our website.
We will pause for reflection time at the end of each segment.
We have built in time for Q&A at the end of our session. You can also pose questions in the chat.
Defining Restorative Practices

A mindset, not a curriculum or program, that focuses on building positive relationships and providing opportunities for community members to take responsibility for their behavior and their lives.

At the heart of restorative practices is the belief that we are all in this together, that we are a community.
The 5 Rs

After someone has repaired the harm they have caused or has even just been absent from our family, they should be reintegrated, or welcomed, back into the family. That person might need a little more help.

When we do have conflicts, our goal should be to repair the relationships that might have been damaged and the harm that was caused by the conflict. That person might need some help.

If our family has healthy relationships, mutual respect, and shared responsibility, conflicts might still happen but not as often and they will be easier to resolve.
Building Relationships at Home
The essence of circle is a tool that can be used at home to:

- Facilitate connection and understanding
- Level power dynamics amongst family members
- Build collective responsibility
- Strengthen social/emotional skills like empathy, listening without reacting, talking about our emotions
1. Sweet, Sour, Service
2. Highlight/Lowlight
3. Daily goal
4. One thing I want you to know about my day...
5. One thing I appreciate about...
6. One thing I learned today...
7. Reflections after a sporting/club event
8. Celebrations and motivation
9. Setting up house rules
10. Exploring family values
Tips for Different Ages

Elementary-Middle School:
- Rotate who answers first
- Create a routine
- Empower your children to lead

Middle School - High School:
- Use texting
- Keep it simple
Reflection

What are some prompts I heard that I want to try at home?
What is one strategy I heard that I can use to get buy-in from my family?
If you are with family members right now, try this quick circle:
Would you rather be able to speak and understand every human language or be able to communicate with animals?
Addressing Behavior and Conflict at Home
Social-Engagement Window

**Punitive**
Adult does discipline TO the child

"Not in my house!"
"Because I said so."
"That’s the rule. Deal with it."

**Avoidant**
Adult does NOT do discipline

"I just can’t today."
"I give up."
"If I ignore it, maybe it will go away."

**Permissive**
Adult does discipline FOR the child

"Whatever you want, honey..."
"I’ll take care of that for you."
"I’ll lower that expectation for you."

**Restorative**
Adult does discipline WITH the child

"I want to help you fix this."
"Let’s figure this out together."
"This behavior doesn’t need to define you."

Consistent expectations, Maintaining boundaries, Consequences

Nurturing, Validating feelings, Listening, Scaffolding Supports
Which box do most of your discipline interactions with your child fall? Why might that be?
Does that answer change when you are stressed?
Think of the other caregivers in your child’s life. In which box do most of their interactions fall?
If you need to talk with your child about their behavior, you can use a restorative conversation to help them:

- See the behavior from both perspectives,
- Understand how it impacts others,
- Take responsibility for their part, and
- Figure out a plan to fix it.

This tool works best if everyone is calm and open to talking. So take a break if you need to until everyone is ready to speak kindly.

Both the adult and the child will answer each question.
What happened?  
Gaining perspective from both parties involved

Who was impacted/affected?  
Understand impact of behavior

What part can you take responsibility for?  
Taking Accountability

How will we make things right?  
Repairing the Harm

Child
Have your child answer first to hear what happened from their perspective first, then share yours

Child
Have your child answer first to allow them to reflect, then share how you or others have been impacted by their choice

Adult
The adult should model taking responsibility then ask the child to do the same

Child, with adult support
Both parties should work together to repair the harm that was caused

Alternative questions:
What was happening before I asked you to separate from your sibling?
What do you think I saw before I took the ____ away?

Alternative questions:
How do you think ____ might have felt when you did that?
Who saw you do that? How do you think they might have felt?

Alternative questions:
What is a choice that you made?
What would you do differently next time?

Alternative questions:
How will we move forward?
How will we fix it?
What do you think your consequence should be?
Repair (or consequences) should:
  ◦ Help a child feel more connected to the family
  ◦ Be directly connected to the harm caused
  ◦ Support child learning

Avoid relying too heavily on:
  ◦ Apologies
  ◦ Promising to never do it again
Examples of Meaningful Repair

- Increased responsibility
- Mending/building a relationship
- Commitment to closing a knowledge gap, and possibly sharing with others
- Commitment to closing a skill gap
- Developing my own action and accountability plan
- Affirmations and appreciation
- An action that helps “redefine” the child’s reputation/role in the family
Reflection

Think of a common behavior in your house you could see yourself using restorative conversations to address.

What are two meaningful ways your child could repair harm?
Additional Resources:

- Contact our team with questions
- Find more resources on our website
  - Scroll to the end for ideas for Meaningful Repair at Home
- Video: Introducing Restorative Practices in English and Spanish
- Video: Community-Building at Home in English and Spanish
- Video: Restorative Conversations at Home in English and Spanish
- Video: Peace Path at Home in English
Who knows about RP at my school?

- **Administration**: Principal or Assistant Principal
- **Discipline**: Dean or RP Liaison
- **Mental Health**:
  - SELS (Social-Emotional Learning Specialist)
  - Psychologist
  - Social Worker
  - Family Liaison
  - Counselor