



Office of Student Discipline: Restorative Practices for Parents

Maintaining Healthy Relationships

One fundamental goal for Restorative Practices is to build and maintain healthy relationships. Without a doubt, when individuals maintain healthy relationships with others, there is an abundance of personal growth and higher levels of academic success for students in schools. Restorative Practice parent resource strategies to use while at home with your children during this response to separation from school.

The Restorative Practice strategies you will learn how to:

- Apply structure for your child throughout the day
- Use a Restorative Approach to dealing with behavior at home
- Use Restorative Questions in conversations when dealing with discipline
- Incorporate Family Reflection- “Restorative Circles for the Family”





Office of Student Discipline: Restorative Practices for Parents

How to Apply Structure Throughout the Day	
Steps	Explanation
Prepare a Daily Plan for your child	<p>The daily plan should resemble your child’s normal school day arrangement. This plan should be very specific for your child from morning to evening to include recess and breaks when necessary.</p> <p>Your child should work together with you to help prepare this plan to help encourage accountability.</p>
Follow the Plan Daily	To help avoid misbehavior, consistency is key. Children will adapt to the new norms if properly structured and expectations are set in place and followed daily.
<p>Restorative Consequences: “How to make things right”</p> <p>Steps:</p> <ul style="list-style-type: none"> • Work together with your child and share ideas about possible consequences throughout the day. • Gather ideas and prepare a list for the family to vote on. • Have 3-5 consequences posted. 	<p>Once the plan is created for the day, consequences on how to “Make things Right” should be developed if your child is not following the plan and requires redirection.</p> <p>Example of a Restorative Consequence:</p> <p><i>“James is playing ball inside the house and breaks a window- As a result, there is a family meeting to discuss the problem and find a solution. James is asked and decides to help: help clean-up the broken glass, and to complete extra chores for a month to help pay for the damage window. He also agrees to only play ball outside.”</i></p>



Office of Student Discipline: Restorative Practices for Parents

Restorative Approach at Home:

The Restorative questions help create a safe space for individuals who have been harmed by the actions of others. The questions focus on a direct link to the initiating action.

Restorative Questioning Process is:

- ✓ **Relational**- a collaborative process that balances the individuals freedom of choice and reasonable safety of ones self and others
- ✓ **Instructional**- person will provide an opportunity to learn, think critically about choices, and consider possible outcomes.
- ✓ **Informational**- person will be able to gain tools that will shift thinking and help the individual to make new decisions when faced with similar trials in the future.

Restorative Questions:

Question	Explanation
What happened?	Ask this question from a different perspective.
Who was harmed?	This question focuses on the effect of the action.
What do we need to do to make this right?	This question focuses on accountability and the importance of understanding the impact of harm.

Tips:

- Be direct with questions. When you ask, “What happened” you get a response.
- Allow your child to explore when replying to the questions. If you receive a response like “I don’t know” ask in other ways. For example, “Tell me what you were thinking or feeling at the time.”
- Allow time for reflection. The sequential questioning allows time for your child to reflect. By asking “what do we need to do to make things right,” we are engaging others and helping them understand the impact of their actions.



Office of Student Discipline: Restorative Practices for Parents

Family Reflection

The end of day reflection is important when learning about what worked about the plan and/or what change is necessary for your daily routine. A family circle is a process and a collaborative effort that allows everyone to have input and to address individual needs.

Process:

Circle Step	Notes
Step1: Opening	Have every set in a circle and explain the purpose of the circle. State: "The purpose for this circle is to discuss how the day/week is going."
Step2: Explain Structure of circle	Let everyone know that, "this is an opportunity to focus on each other, to actively listen, and share their thoughts openly."
Step3: Check in	Have everyone describe their mood using an emoji chart or nonverbal communication such as, thumbs up, side, or down expressing how they feel.
Step4: Guide Lines	<ul style="list-style-type: none"> • Respect the taking piece (if used)- Whoever is holding the taking piece is the only one talking • Listen with respect • Honor confidentiality- what is said inside the circle, stays inside the circle • Judgement free zone
Step5: Content	<p>Questions pertain to the purpose of the circle:</p> <p><u>Preparation Guided Questions:</u></p> <ol style="list-style-type: none"> 1. How do you feel the day went for you? 2. What were some of the challenges? 3. What were some of the positive moments? 4. What if anything, would you like to change about your day?
Step7: Closing	What is one word to describe our Family Circle today?