

# **FAMILY POWER & ENGAGEMENT**

Restorative Strategies to  
Engage and Communicate with  
Your Children & Teens

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# AGENDA

**01**

**OPENING  
CIRCLE**

**02**

**WHAT IS RP?**

**03**

**RESTORATIVE  
LANGUAGE AT  
Home**

**04**

**FAMILY  
CIRCLES/  
meetings**

# OPENING CIRCLE

Share...

- Your name and one thing you are grateful for...
- One thing you hope to learn during this session...

# WHAT IS..

Restorative Practices are a framework for building community and for responding to challenging behavior through authentic dialogue, coming to understanding, and making things right.

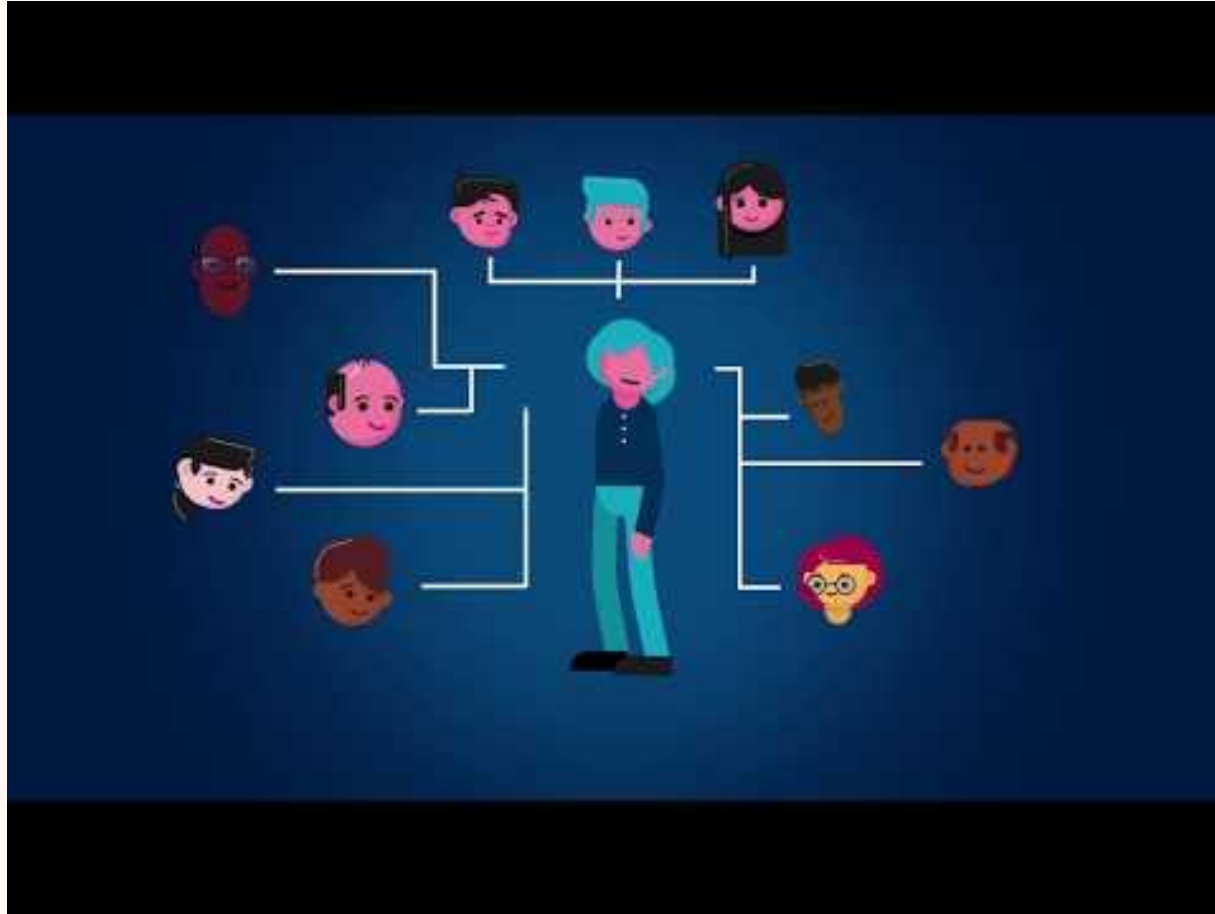


“People are happier, more cooperative and productive, and are more likely to make positive changes when those in authority do things *with* them, rather than *to* them or *for* them.”

~ Ted Wachtel, iIRP, Defining Restorative



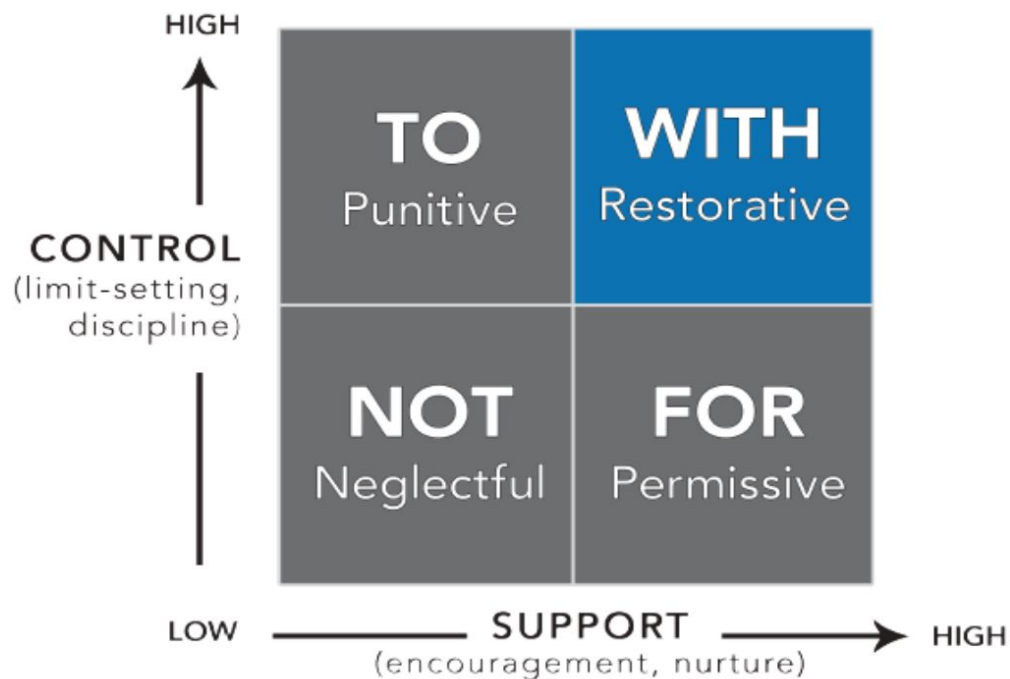
# VIDEO



# **BENEFITS FOR FAMILIES & CHILDREN**

- Limits isolation/removal of child
- Promotes family connection
- Improves family communication
- Skill-building: empathy, impact of behavior, conflict resolution, social-emotional, kindness, community values, communication
- These skills translate to life skills, resiliency, and positive mental health outcomes

# SOCIAL DISCIPLINE WINDOW



Adapted by Paul McCold and Ted Wachtel from Glaser, 1969

Page 8 in *Restorative Circles in Schools* book

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## **AFFECTIVE OR “I” STATEMENT:**

I feel .....(state feeling) .....

When you .....(state action)

Because .....

I need you to .....



# RESTORATIVE CONVERSATIONS

If you need to talk to your child about their behavior, a restorative conversation can 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. Both the adult and the child will answer each question. If two family members were arguing this could also be used and each person would take turns answering the questions.

(Restorative Practices at Home, JEFFCO Office of Student Engagement and School Discipline)

<b>Question</b>	<b>Why am I asking this?</b>	<b>Another way to ask if you get “I don’t know”</b>
What happened?	To hear the story from both perspectives	What was happening before I asked you to stop playing? What do you think I saw before I took the ____ away?
Who has been impacted?	To understand the impact of behavior	How do you think ____ might have felt when you did that? Who saw you do that? How do you think they might have felt?
What part can you take responsibility for?	To take accountability	What is a choice that you made? What would you do differently next time?
How will we make things right?	To make a plan to repair harm	How will we move forward? How will we fix it?

# FAMILY MEETING



# WHEN & HOW OF FAMILY CIRCLES

## WHEN?

- Family meetings
- Dinner table discussion
- Preparing for something stressful
- Conflict among siblings
- Morning/bedtime routines

## PROMPTS:

- Sweet & Sour : a good part of your day, hard part of your day
- Service: something kind you did for someone else
- Goal for the day
- One thing I am grateful for is...
- Something I did well today was...
- Something I saw someone else in our family do well today was...
- I am feeling \_\_\_\_ about (current event) because....
- Reflections after a test, sporting/club event or other activity

## FAMILY MEETING AGENDA

- Norms
- Compliments
- Identify Areas for Improvement/Brainstorming for Solutions
- A family fun activity such as a game, cooking, or popcorn and a movie.
- Progress not Perfection

Family Meetings by Dr. Jane Nelsen





# QUESTIONS & ANSWERS

[LCPS Restorative Practices Info](#)