

FAMILY POWER & ENGAGEMENT

Restorative Strategies to
Engage and Communicate with
Your Children & Teens

Lisa Harris, MSW
Jennifer McLemore, LCSW



AGENDA

01

**OPENING
CIRCLE**

02

WHAT IS RP?

03

**RESTORATIVE
LANGUAGE AT
Home**

04

**FAMILY
CIRCLES/
meetings**

OPENING CIRCLE

Share...

- Name and school your child attends
- One thing I am grateful for...
- One thing I 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.

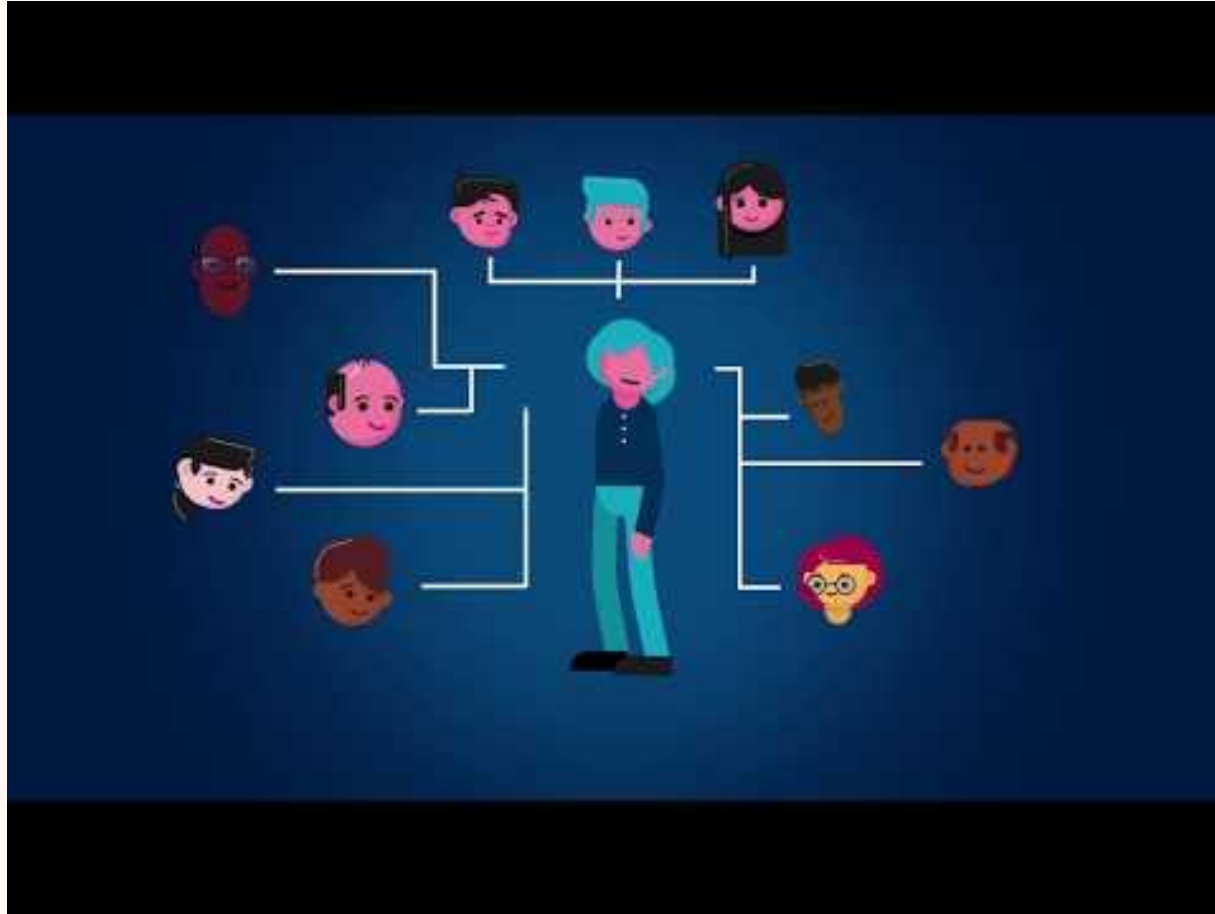


“People are happier, more cooperative and productive, and are more likely to make positive changes when those in authority do things *with* them, rather than *to* them or *for* them.”

~ Ted Wachtel, iIRP, Defining Restorative



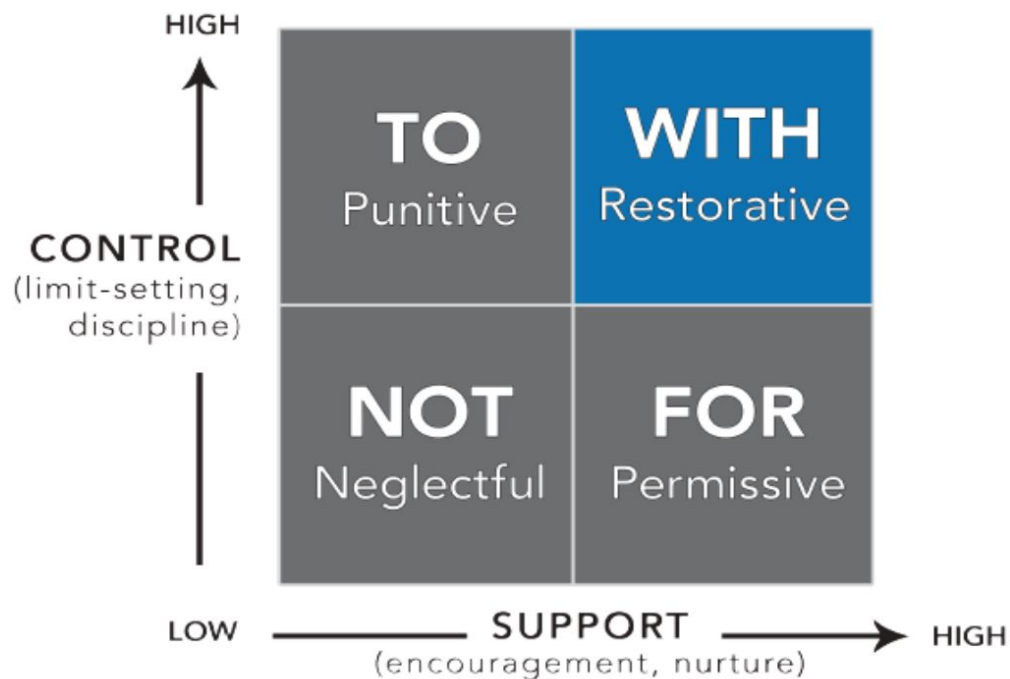
VIDEO



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

© International Institute for Restorative Practices

AFFECTIVE OR “I” STATEMENT:

I feel(state feeling)

When you(state action)

Because

I need you to

Typical Response

- Stop yelling!!
- Sit down and be quiet!!

Affective Statement

- I feel mad when you yell because it's distracting while I'm driving. I need you to lower your voice.
- I feel happy when you are sitting down and talking quietly because I can drive safely. I need you to keep following the rules.

RESTORATIVE CONVERSATIONS

If you need to talk to your child about their behavior, a restorative conversation can help them:

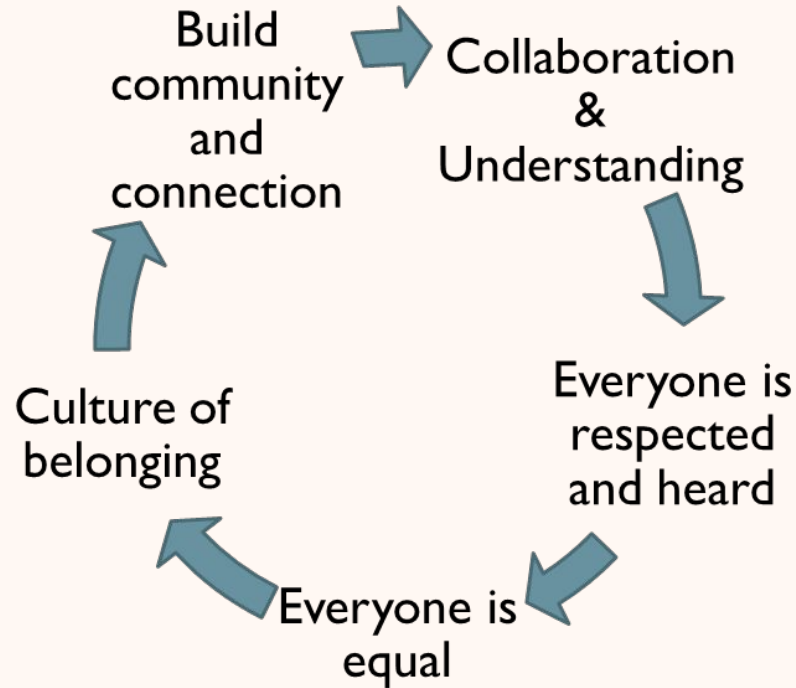
- See the behavior from both perspectives,
- Understand how it impacts others,
- Take responsibility for their part, and
- Figure out a plan to fix it.

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)

Question	Why am I asking this?	Another way to ask if you get “I don’t know”
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 CIRCLES



FAMILY RESPECT AGREEMENT



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](#)