

# Family Power- Restorative Strategies to Engage and Communicate with your Children

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## What it 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

# Restorative Practices (RP)

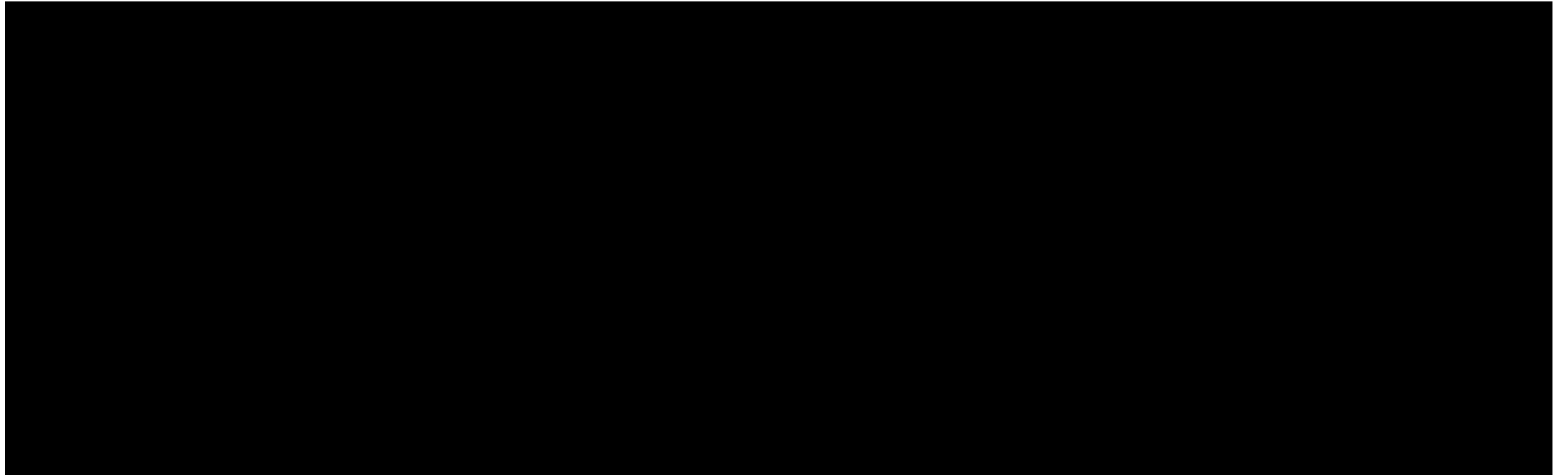
## **What is Restorative Discipline**

- Restorative vs Retributive
- Repairing harm/enhances connection
- Alternative to traditional discipline
- Seeks to repair harm, build relationships, and develop an agreement on future conduct

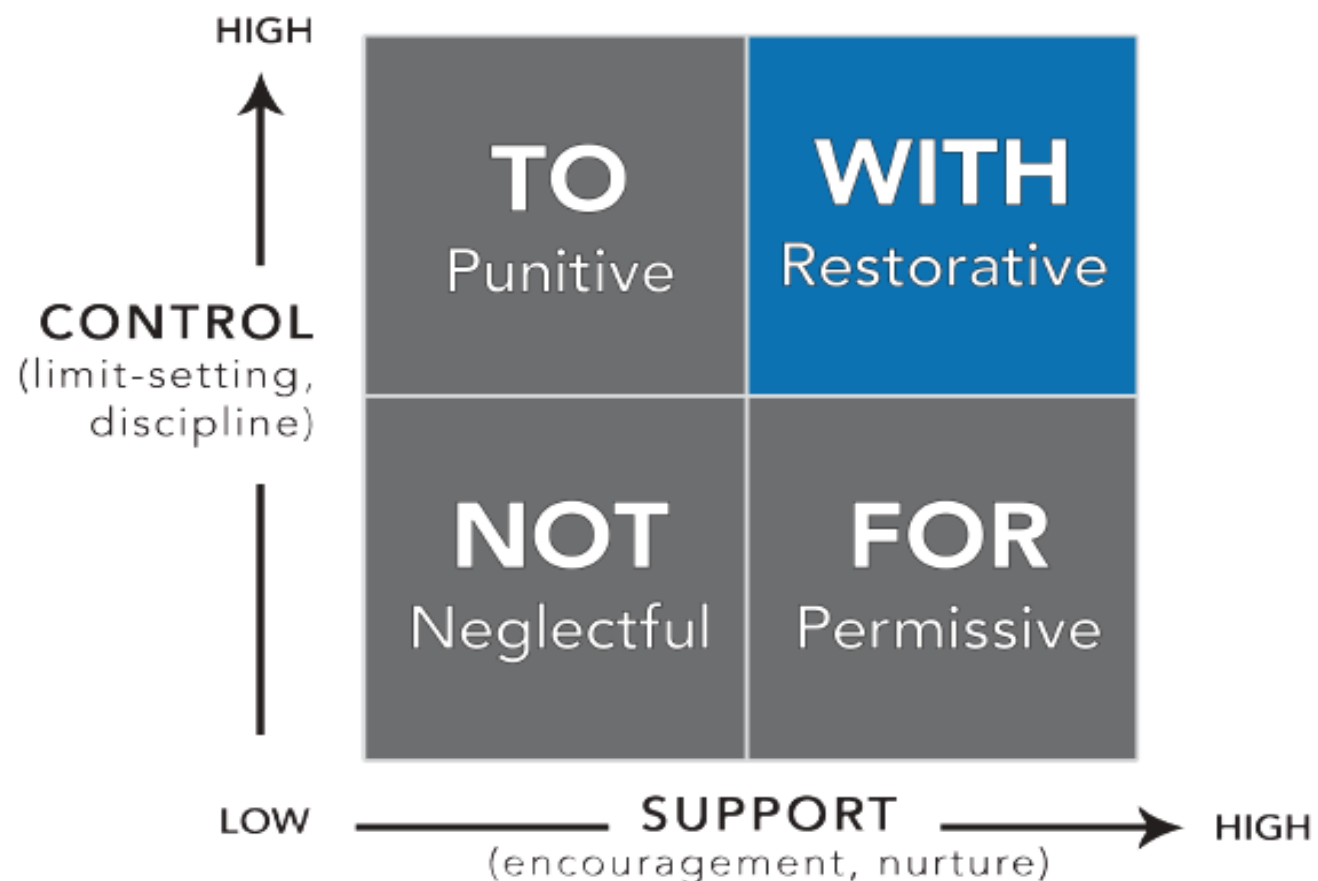
## **Benefits for Families/Children**

- 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

# Continuum of Restorative Practice



# SOCIAL DISCIPLINE WINDOW

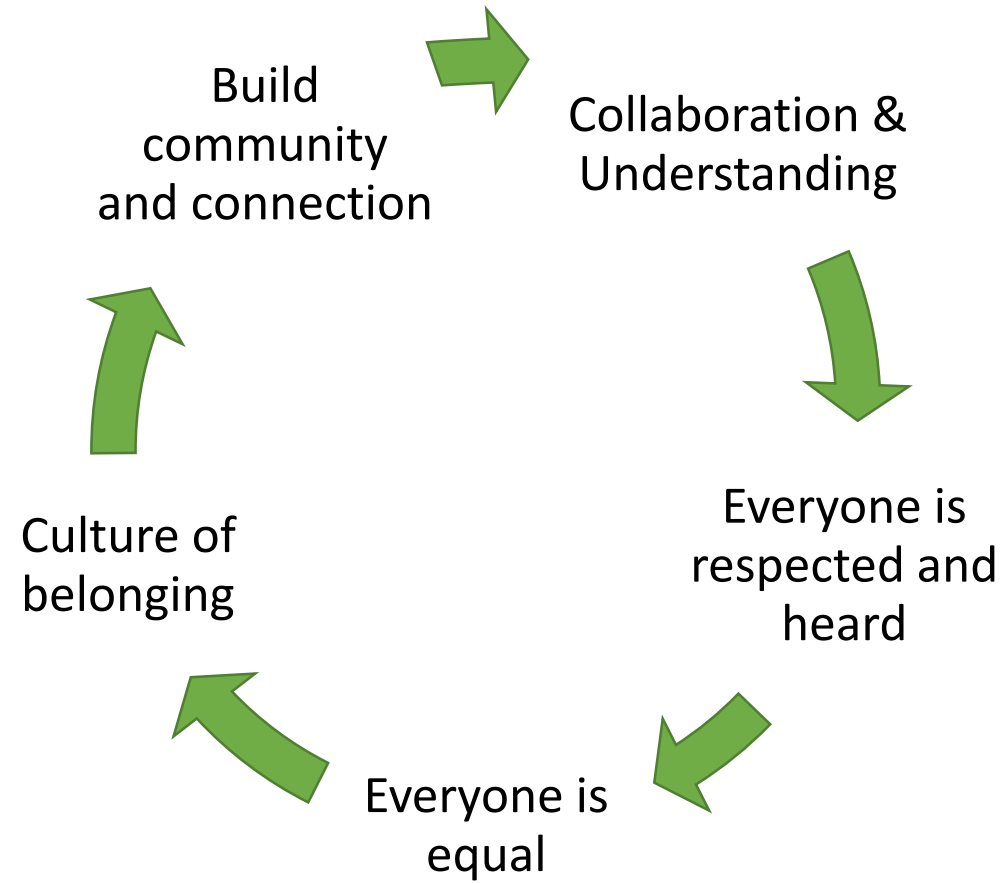


Adapted by Paul McCold and Ted Wachtel from Glaser, 1969

Page 8 in *Restorative Circles in Schools* book

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# Family Circles





# Restorative Language and Affective Statements

## Restorative Language

Addressing conflict and repairing harm.

## Affective Statements

Personal expressions of feelings in response to others'  
positive/negative behaviors.



# The Goal of Restorative Language:

- Connect our children with HOW their behavior is “affecting” or impacting self/others.
- Discourage harmful behavior.
- Repair harm when possible.
- Improve/maintain relationships between family members.

# Respectful Communication

- Neutral or concerned facial expressions (don't roll your eyes)
- Non-sarcastic tone of voice
- Raise voice/catch attention, then lower it
- Use "I" statements
- Keep language neutral
- Breathe before you speak
- State positive behavior expectations

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 Questions II (for person harmed)

- What did you think when you realized what had happened?
- What impact has this incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?

• International Institute for Restorative Practices, [www.iirp.org](http://www.iirp.org)

# Restorative Questions I (for Wrongdoer)

- What happened?
- What were you thinking of at the time?
- What have you thought about since?
- Who has been affected by what you have done? In what way?
- What do you think you need to do to make things right?

- International Institute for Restorative Practices, [www.iirp.org](http://www.iirp.org)

# Family Meetings

## The 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

# RP Leads & Co-leads

- Ashburn Cluster – Kim Hager/Blaise Carland
- Leesburg Cluster – Beth Weatherford/ Wendy Young
- South Riding Cluster – Darren Madison/Jennifer McLemore
- Sterling Cluster – Lisa Harris/Grace Charriez
- West Cluster – Amy Iliffe/ Heidi Buckner

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# Resources

- *The Restorative Practices Handbook for teachers, disciplinarians and administrators*; Bob Costello, Joshua Wachtel and Ted Wachtel; [www.iirp.org](http://www.iirp.org)
- *Just Schools: A whole school approach to restorative justice*; Belinda Hopkins; [www.jkp.com](http://www.jkp.com)
- *Teaching Restorative Practices with Classroom Circles* ; © Amos Clifford, Center for Restorative Process Developed for San Francisco Unified School District; [www.healthiersf.org](http://www.healthiersf.org)
- Family Meetings; Dr. Jane Nelsen; <https://www.positivediscipline.com/articles/family-meetings>