

SEL WORKSHOP: Restorative Practices 101 for Parents & Families - Part 1

Facilitated by Ms. D & Ms. Hyman - December 8, 2020

OVERVIEW & PURPOSE

Learn strategies to reinforce, at home, practices students are learning in school to support in conflict resolution, relationship building and problem solving.

DEFINITION

Restorative Practices are a system of formal and informal processes that build and sustain a culture of kindness, respect, responsibility and justice. Central to building community and repairing relationships when harm has occurred.

KEY PRINCIPLES

- Relationships are key to building community
- All voices are valued & heard
- Fair & inclusive decision-making
- Focus on the harm rather than rule-breaking
- Non-punitive collaboration to problem solve
- Do things “**WITH**” not “**TO**” or “**FOR**”

RESTORATIVE PRACTICE FRAMEWORK - 4 Key Elements

Ensures the ongoing development of healthy relationships

- Fair Process
- Restorative Questions
- Theory
- Explicit Practice

2 DIFFERENT APPROACHES

Traditional

- Focus is in the past
- Preoccupied with blame
- Deterrence linked to punishment

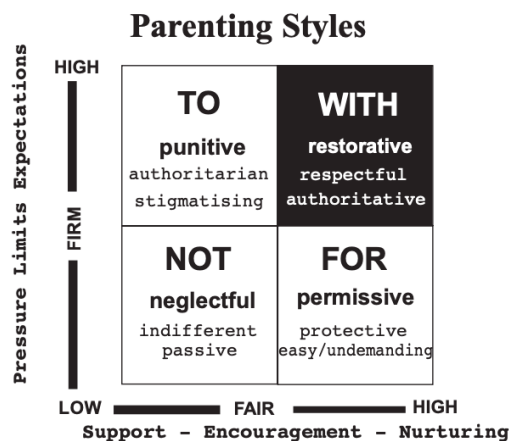
Restorative

- Focus in past, present & future
- Emphasis on restoring harm
- Deterrence linked to relationships & accountability

PARENTING STYLES

How would you describe YOUR style?

- TO - Punitive
- NOT - Neglectful
- FOR - Permissive
- WITH - Restorative



Adapted from *Social Discipline Window* - Paul McCold & Ted Wachtel - 2000

RAFFLE WINNERS: Congratulations, you will each receive a \$50 Gift card

Yasmine Fernandez Wright - April Jenkins - Erika Joshua

REFLECTION

1. What is a conflict you and/or your family have had during the Covid-19 pandemic that you have trouble navigating?
2. Think of someone who impacted your life journey. What is one characteristic they had/have that you admire?
3. Think of an occasion when you felt you were treated ‘unfairly’. What would have made the experience ‘fair’?
4. Think of a time when someone has responded to you in a blaming manner when you have made a mistake.
 - a. Now reflect upon a time when someone has responded in a relational manner.
 - b. What effect did each response have on you?
5. Think of a recent occasion when you could have acted in a more relational manner with your child. What could you do differently when a similar occasion occurs?
6. Do you think you need to make changes so you are able to operate more consistently in the “WITH” domain?

PRACTICE THESE RESTORATIVE QUESTIONS:

When challenging behavior occurs, how could the following questions be helpful?

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

Which of the questions below is likely to have the greatest impact with your child?

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