

Restorative Practices at Home

Restorative practices focus on building and maintaining positive relationships. When mistakes are made, it is important to take responsibility for our own behaviors and work toward a solution to make amends. The heart of restorative practices is working as a team to support children through big emotions, challenging behaviors, and tough real world problems.

Talking about behavior at home:

Restorative conversations are a great tool to use when having conversations with your children about their behaviors. These conversations can help children see the behavior from multiple perspectives, understand how others in the situation feel, take responsibility for their part in it, and figure out how to fix it.

Question sets to use:

- What happened?
 - “What was happening before I asked you to _____?”
 - “What do you think I saw before I _____?”
- Who was impacted?
 - “Who saw you do that?”
 - “How do you think they may have felt?”
- What part can you take responsibility for?
 - “What is the choice that you made?”
 - “What would you do differently next time?”
- How will we make things right?
 - “How will we move forward?”
 - “What do you think your consequences should be?”



A great way to begin this conversation is by modeling how to take ownership of your part in the situation. Remember, taking responsibility doesn't necessarily mean you are sorry. It just means that you know you did something that made things more difficult for the other person in the situation.

Examples of statements that take responsibility:

- “I could have been more clear with my expectations.”
- “I should have waited to ask you to do that until I had your full attention.”
- “I wish I hadn't raised my voice. This situation is stressful for me, too.”