

Introduction to Restorative Practice



Littleton Green Community School
Parent Workshop



Welcome

Expectations for the session

Housekeeping
Confidentiality
Questions



Aims of the Session:



- To introduce you to Relational and Restorative Practice
- To understand how relational and restorative approaches can support parents
- To introduce strategies to support at home



Check-in Activity



Name

Year group of child/ren

Q- What is your favourite sandwich filling?

**Write down any questions which you have about RP and behaviour
– we will try to answer these by the end.**

What is Restorative Practice?



An approach which helps to build and maintain positive, healthy relationships, resolve difficulties and repair harm where there has been conflict.





The Principles of Restorative Practice



Punishment and isolation doesn't work



If a child doesn't know how to behave, we... ?



*Why can't we finish the last sentence as
automatically as we do the others?*

Tom Herner, 1998



Conversation not confrontation

What is your personal approach to conflict?



Conversation not confrontation



Conversation, not confrontation



Power Plays

A power play is a never-ending argument, often about the tiniest disagreement.

Can you recall a time where this has happened?



Conversation, not confrontation

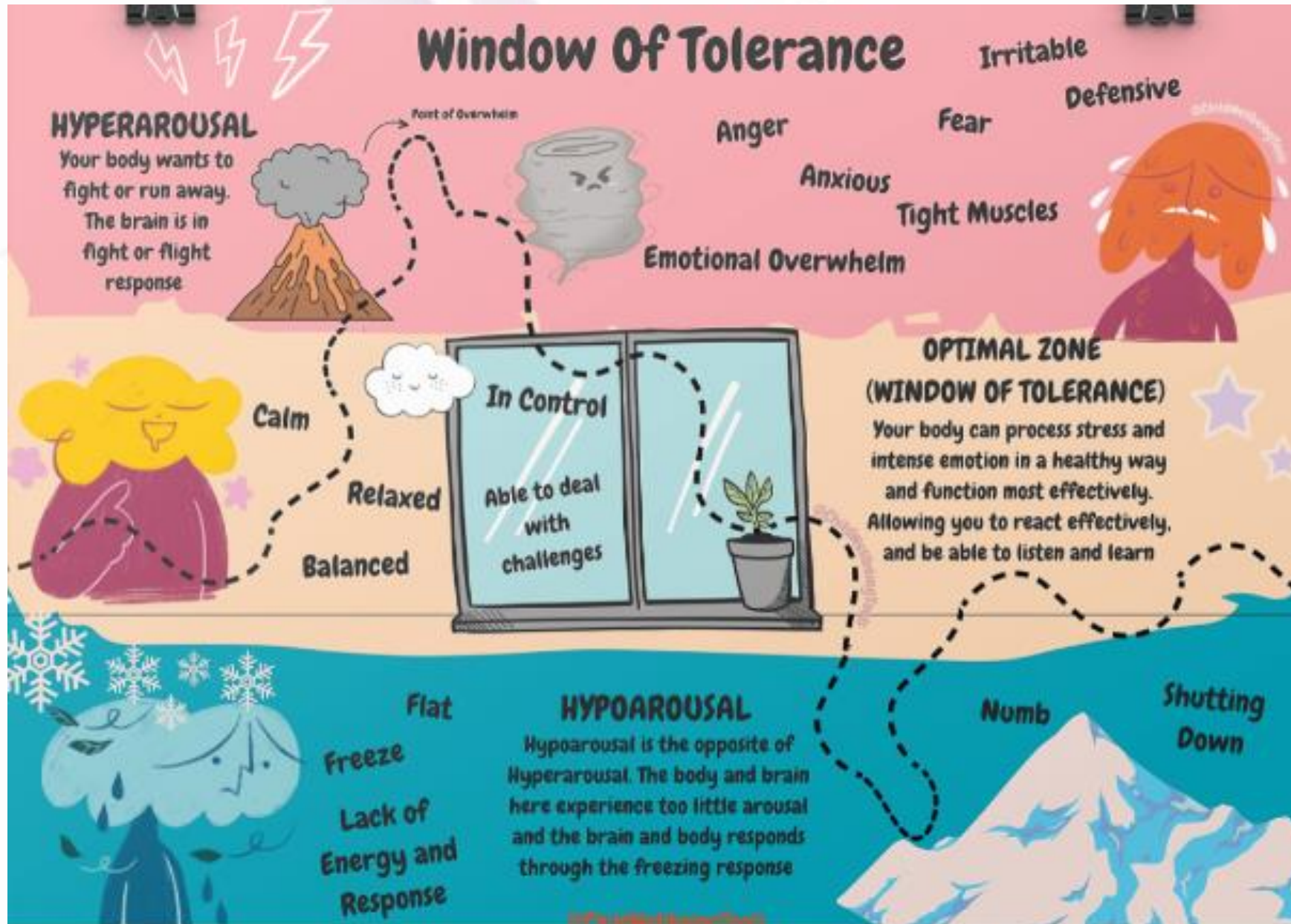


Six stock responses to de-escalate any situation.

- *“That’s not how we do it here.” To correct small behaviours before they grow.*
- *“I understand you feel like that, yet...” To stop the arguing.*
- *“You can do better than that.” To redraw the boundary.*
- *“I love you, but I don’t love the behaviour.” To separate your child from the situation.*
- *“Be that as it may, those are the rules.” To manage the answering back.*
- *“I need to remind you of our agreement.” To return your child to the rational plan.*



Window of Tolerance





What are The Zones of Regulation?



Walk and Talk -

A great distraction technique

Top Tip – don't address the issue immediately – only step in when the children are ready.

Once ready use the Restorative conversation Scripts





Affective Statements



When you...



It makes me feel... because...



What I need you to do is...



Restorative Enquiry



What happened?

Who has been
affected by this?



What needs to
happen now?



Recognition



A powerful tool for relationships and self-esteem.

Provide recognition regularly to turn around constant misbehaviour and harsh discipline.

Being noticed and accepted is a strong human need, and parents can positively impact their children by meeting that need regularly.

Here are some ways:



1 –Board of Recognition – recognise the successes – catch them being good

Morning Routine



Make my bed



Use of toilet



Exercise



Eat breakfast



Brush teeth



Get dressed

How did I go?

Monday ☐ ☐ ☐

Tuesday ☐ ☐ ☐

Wednesday ☐ ☐ ☐

Thursday ☐ ☐ ☐

Friday ☐ ☐ ☐

Saturday ☐ ☐ ☐

Sunday ☐ ☐ ☐



SCREENTIME REWARDS

SUN MON TUE WED THU FRI SAT

I have read for 30 minutes

I tidy up my bed

I clean up my toys

I finished my meal

I do my homework

I take a bath

I brushed my teeth

I sleep on time

For every ___ box checked, I get ___ minutes of screentime



2. Active Recognition (Specific praise)– snapshot to recognise actions and moods

Example	Instead try...
Nice house	I see you are building a house with 4 windows, a door and a chimney. It looks strong enough to avoid being blown down by a storm.
Good design	I noticed you were adding in a door. You seemed to get frustrated when you couldn't find the right-sized piece.



You are recognising what is being done and how the child is feeling in the action. You child knows you are paying attention. The child feels noticed and accepted.

3. *Experiential Recognition – Same as active recognition but reinforcing your values and behaviour expectations.*

Example	Instead try...
Stop arguing	"Joey, I noticed that you were really angry at Jeff when he knocked down your lego, but you didn't hit him. You used words to let him know how upset you were. I like the way you controlled yourself."
You need to finish your homework, or you are not playing on your xbox.	"I see that for the last ten minutes you concentrated very hard on your math homework. That's a good way to do it. Ten minutes at a time. You're being pretty creative, aren't you?"



AIM: Capture and freeze any effort that is moving towards your desired behaviour. Reinforce the value or behaviour wanted by statements such as 'I like...' and 'You are...' – these statements are 'the icing on the cake'

4. Proactive Recognition – recognise success at not breaking the rules.

Example	Instead try...
Where do you think you are going? I can't trust you now.	"I saw you getting ready to go into Ashley's house, but you turned around and came back home to ask permission first. That's good thinking!"
You weren't going to tell me, were you? How can I trust you? Do I need to check on you constantly?	"I see that you didn't want to admit that you didn't turn in all of your homework today at school when I asked you about it, but you decided to tell the truth even though you knew you might be in trouble. I really appreciate your honesty. It lets me know I can trust you."



AIM: Catch your child following the rules and expectations – particularly helpful when a child has fallen into the pattern of getting into trouble daily. The goal here is to be sure that the success outweigh the failures.

5. Creative Recognition – recognise compliance with parental requests.

Example	Instead try...
Why is your washing over the floor? I am not your slave.	"I need you to put your shirt in the clothes hamper." then followed up with "Thanks, now I can get that washed for you to wear this week."
	"Please hold this towel for a minute while I rinse the pan." "I love it when you help me with the dishes. It makes it more fun." "I need for you to grab the end of the sheet so we can fold it together." "I really appreciate your help with the sheet. It's really hard to fold a big sheet by yourself." "I want you to hold the phone a minute while I go back to the other phone." "Thanks for helping me with the phone. You followed my directions perfectly."



After each request, follow-up with appreciative statements that comment on the attitude or contribution of the action.



Check-out Activity



What has been the best part of the session today?

Right now, I am feeling...

Please write down a comment about today's workshop and any questions or ideas for further workshops.