

Positive behaviour management parent workshop Part 2: Restorative Approaches

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Aims

- **To give a brief overview of restorative approaches.**
- **To practise using restorative approaches.**

Why?

- These are the approaches that adults in school have been trained to use with your children.
- Consistency between different adults helps children to know what to expect, which helps them feel safe.
- These approaches are well researched by psychologists and are known to be effective in supporting children's social and emotional development, and emotional well-being.

What is a Restorative Approach?

What is Restorative Justice?

Began in the criminal justice system.

Restorative conference with all stakeholders.

Focus on making amends and giving a voice to the victim.

Discuss what the problem *might be* and what would be helpful going forward, for all concerned.

Restorative plan aiming to restore relationships which are affected by the incident.

How is restorative justice different to criminal justice?



Restorative v Sanctions-Based (Frederickson)

Restorative

What has happened?

What were you
thinking/feeling at the time?

What have your
thoughts/feelings been since?

Who has been affected by
what happened?

In what way have they been
affected?

What do you think needs to
happen to make things right?

Sanction

What happened?

Why did this happen?

Who is to blame?

What is the appropriate
response to deter and punish
those at fault, so they will not
do the same thing again?

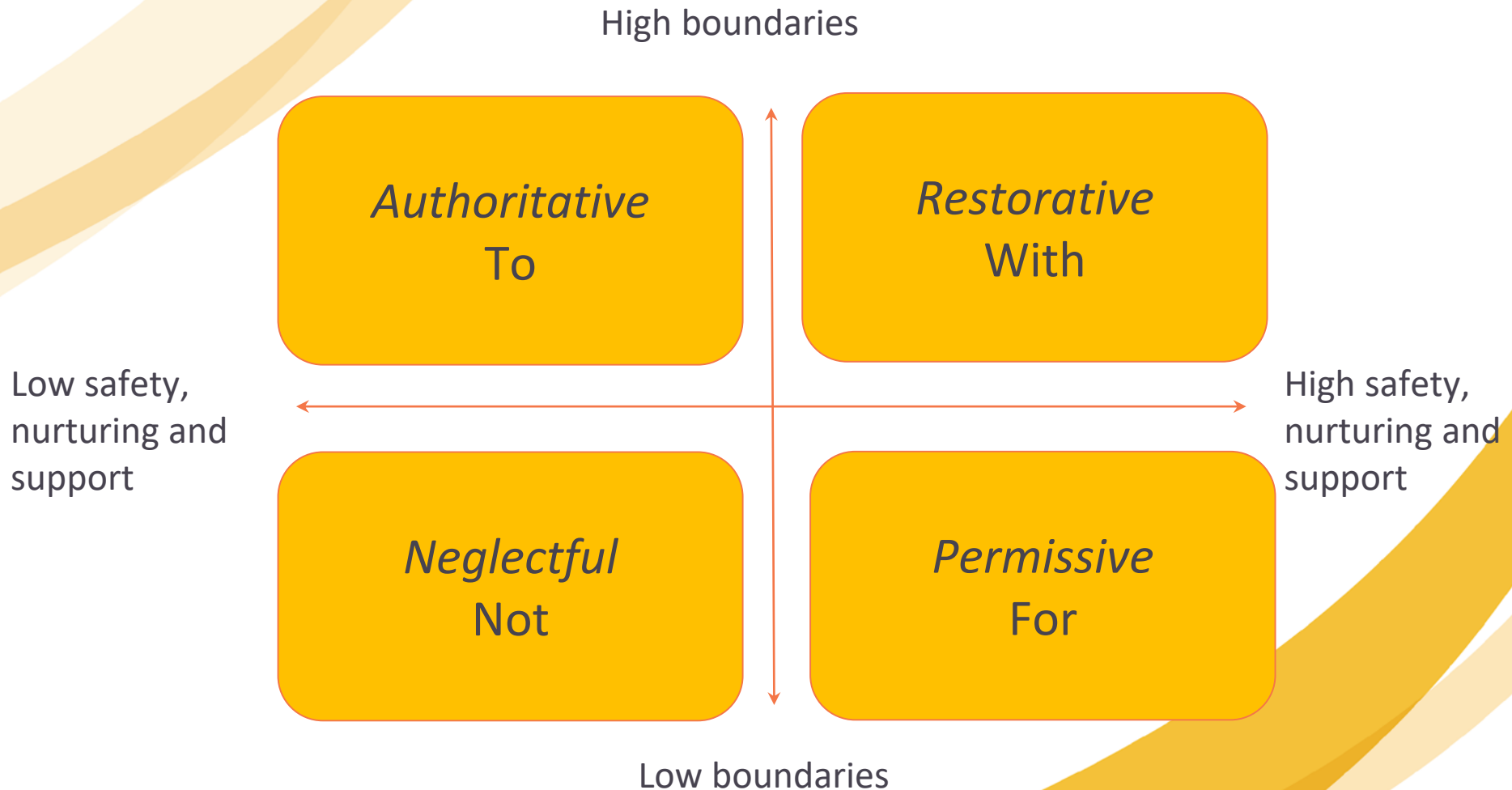
What do I need when I have been harmed?

- An apology – acknowledgement/recognition/remorse
- An empathetic listener
- Amends made
- The other person to understand what has upset me
- To be respected
- To be allowed to have emotion
- Support and positive reinforcement
- Reassurance it won't happen again
- To feel safe
- To draw a line underneath it

What do I need when I have caused harm?

- To apologise
- Someone to talk to
- Time to put things right
- To make it up to them
- A chance to explain to other person and myself
- To feel better about it and about myself
- To be forgiven
- To reassure them/myself it won't happen again
- To get back on friendly terms

The Social Discipline Window



What do restorative questions look like?



<https://youtu.be/AJWgayvuWXw?t=384> (stop at 8:43)

How to use Restorative Approaches

Practice Task

In pairs:

Read the vignette.

One person take on the role of the upset person and one the emotion coach/parent.

Use the prompt sheet to help you with what to say if you are stuck.

Reflect on how it felt as the upset person and how it felt as the restorative facilitator. Was there anything missing that you felt you needed?

Swap roles.

Vignette 1

Scenario: Your child pushes over another child in the playground. It looked like an accident, but the child who fell over has hit your child in retaliation. They are both upset.

What has happened?

What were you thinking and feeling?

What have your thoughts and feelings been since?

Who has been affected by what happened?

In what way have they been affected?

What do you need now to move on?

What needs to happen now, so that the harm can be repaired?

Vignette 2

Scenario: Your child is very upset at bedtime. They say everyone hates them and they have no friends. You find out they have been calling each other names and saying they can't play with each other.

What has happened?

What were you thinking and feeling?

What have your thoughts and feelings been since?

Who has been affected by what happened?

In what way have they been affected?

What do you need now to move on?

What needs to happen now, so that the harm can be repaired?

Vignette 3

Scenario: Your child is cross with their other adult (perhaps your partner or their grandparent) because they said your child could not watch TV or have their tablet right now. Your child broke something and stormed off.

What has happened?

What were you thinking and feeling?

What have your thoughts and feelings been since?

Who has been affected by what happened?

In what way have they been affected?

What do you need now to move on?

What needs to happen now, so that the harm can be repaired?

Reflect

How did it feel to take part in a restoration?

How did it feel to facilitate restoration?

What other ways could the facilitator have responded? Think of the authoritative, permissive, and neglectful styles.

Extension private reflection:

What approach have you experienced when other people respond to your emotions and behaviour (you do not have to share this with your partner)

How has this influenced the style you are most likely to take when you are in a difficult situations

Next Steps

What will you do next?

In the next 24 hours?

In the next week?

What is the take home message from this workshop?

How will you begin to implement these ideas?

What will help you to remember?

Who else needs to know about this?

Can you foresee any challenges, and how might you overcome them?

Questions?

**Please complete the
evaluation form.**



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