



Greetings Families,

Learning at home has become everyone's "new normal". You are possibly managing working from home, and educating your child, or children, at the same time. However; there is a way to manage this new situation successfully. Restorative Discipline is a relational approach that focuses on belonging, social engagement, accountability, and connectedness. Restorative Discipline Practices are used in schools, but can be helpful at home as well. Here are some beginning steps to make learning and being at home fun with Restorative Discipline Practices:

1. Talk About Respect and What it Means to Your Family.

As a family, watch the following video with Elementary students: <https://youtu.be/GOzrAK4gOSo>

Or - watch the following video as a family with older students:

<https://www.youtube.com/watch?v=mTsvSAItPgA>

After the video, talk about what part was most important to you? What did you like the most?

2. Develop a Family Respect Agreement.

Respect Agreements are developed as a way to engage with each other to reduce conflict and resolve problems. It requires everyone to be committed to the process. Use a piece of blank paper, any kind of paper will do, and fold it into four sections. Let the children share ideas about how they will respect each other and the parents. Parents, share how you will respect your children, and everyone talk about how to show respect for the home environment (keeping things picked up, taking out the trash, etc). Write down 2 statements for each box. The first box shows an example.

Here is a video link to show how a family made their own Family Respect Agreement:

<https://youtu.be/n55jcdUPBPo>

Family Respect Agreement

<p>Children Respecting Parents</p> <p>I will talk to my parents using kind words.</p> <p>I will</p>	<p>Parent Respecting Children</p> <p>I will</p>
<p>Sibling Respecting Sibling</p> <p>I will</p>	<p>Everyone Respects Our Home</p> <p>I will</p>

Take a look at the other steps to Restorative Practices at Home - Using the Talking Piece, Having a Family Circle, and I-Messages. Restorative Practices at Home can help make this time in our lives more manageable and calm.