

The restorative questions are about challenge, story, reflection and reparation and are designed to build a strong basis upon which to foster healthier relationships.

The structure of the questions focus on the past (what happened?), present (reflection on who has been affected and in what way) and future (what needs to be done to make things right?).

The questions therefore emphasis the importance of harm and its impact on relationships.

They are :

- open ended
- respectful and not value-laden
- Objective, meaning it is not about the questioner but rather about leveraging responsibility on to another to tell their story
- thinking questions rather than feeling ones which ironically tend to evoke stronger emotional responses
- have the potential to develop empathy.



Restorative practices for parents



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Restorative Practices in Education

Restorative practices place emphasis on repairing the harm done to relationships, when there is conflict over and above any need to assign blame and impose sanctions.

Restorative practices are a way of responding to and managing behaviour by focusing on the development of positive relationships and effective communication thus creating opportunities for everyone to feel heard, included and acknowledged.

Restorative Practices are inspired by the philosophy and practices of Restorative Justice. Those practices encourage those who have caused harm not only to acknowledge the impact of what they have done, but also provide them with the opportunity to make reparation. They also offer those who have suffered the harm the opportunity to have their harm or loss acknowledged and amends made.

USING RESTORATIVE PRACTICES AT HOME

Restorative practices and thinking can be used by parents at home in a flexible way to support good communication and enhance relationships. Restorative practices can enhance young people's emotional literacy and problem solving skills.

RESTORATIVE ENQUIRY

Parents can use restorative enquiry when speaking with their children about issues that have arisen for them. The key elements of restorative enquiry are:

- Curiosity
- Concern
- Compassion
- Collaboration
- Communication

These are used within the questioning and support that the parent provides to the child. When there have been issues or conflict the parent can use the 5 key questions to assist the child in moving the situation forward.

THE 5 KEY QUESTIONS

What happened?

What thoughts were you having at the time?

How were you feeling at the time?

Who else has been affected by this? How do you think they felt? How were they affected?

What do we need to do now so that the harm can be repaired?

FOR THOSE THAT HAVE BEEN HARMED

When it is your child that has been harmed by conflict or a difficult situation, parents can use the following questions with their children:

“What did you think when you realised what had happened?

“What impact has this incident had on you and others?

“What has been the hardest thing for you?

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

Talking your child through these key questions will assist them in utilising a problem solving approach and teach them that even when relationships have difficulties, these difficulties can often be overcome with good communication. This approach also supports children to consider the impact of their own behaviour on others and gives them the opportunity to resolve the situation.

