**Conversations at home: restorative problem solving**

1. **Make sure you (and your child) are calm**
2. **Take the time to establish the facts – try to get a bit of a timeline (who did what, when)**
3. **Remember that it’s the harm done to people (Mum, Dad, brother, sister), rather than the rule broken that is most important**

**To the person responsible:**

**Tell us what happened?**

**What were you thinking when you ………?**

**(*or*, what were you hoping would happen? What was the purpose of doing that?)**

**How do you think this has affected…….?**

**To the person affected?**

**What did you think when that happened to you?**

**What is it like? How has this been for you?**

**What’s been the worst of it?**

**What needs to happen to fix things for you?**

**To the person responsible**

**How does that sound? Could you do that? Do you have any ideas about how to fix things?**

**Help the negotiations and settle on a plan. Check up later that they are keeping their promises.**

**Social Discipline Window**

**(adapted from McCold and Wachtel, 1999, Coloroso,2003)**

**Backbone Parenting**

* **Strong, positive messages about the worth of the child - optimism, perseverance, generosity**
* **Democratic approaches to problem-solving and decision-making: being listened to**
* **Pro-social behaviours are modeled and taught; rules are simply and clearly stated**
* **Consequences are reasonable, simple, valuable and purposeful**
* **Authoritative approach to wrongdoing; children are given a second chance, but are held accountable for fixing their mistakes**
* **High expectations for conduct – belief in their decency, respectfulness, responsibility and caring**
* **Love is unconditional – kids feel loved, wanted and respected**
* **Adult is empathic and emotionally available, teaching the child to honour their own feelings**
* **Competency and co-operation are modeled and encouraged**
* ***How to think* is taught, including how to think when facing a moral dilemma**
* **Adult is willing to acknowledge when there is a problem and seek help**