

RP at Home



***Restorative Practice (RP) is a values-based philosophy; it aims to consciously build relationships, respond to harm /conflict in a way that honours relationships, and
CONNECT us to our best selves and to one another
(Stowe 2017)***

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Best of luck with exploring and modelling the ideas, skills and practices illustrated in RP at Home – positive communication for everyday life!

I hope they serve you in some way, and remember that it's not about being 'perfect', it's only a practice and what we practise grows stronger.

The most important thing is practising being restorative with ourselves. This is key!





RP at Home – positive communication for everyday life!

10 Key Takeaways!

1. It's All About Relationships' – 5:1

Practise your 5:1, consider 'What's going well?', and use the restorative switch - from attention seeking to connection seeking!

2. 'Listen to Understand, not to Reply' (Covey) – WAIT!

Try thinking, sharing and asking others, 'What's the best / hardest thing for you?' and remember to WAIT (Why Am I Talking/Thinking/ Texting?)!

3. 'What Happens When we Flip our Lids?' – guard dog & wise owl!

Remember the 3 x R's - Regulate, Relate, Reason (Bruce Perry). Try to recognise the guard dog and wise owl – safety is key! Practise the 3-2-1 sense technique.

4. 'Calm is a Superpower' – what do calm people have in common?

Calm people practise two things before they respond, they breathe, and they ask questions. Practise belly/rollercoaster breathing and try asking, 'What happened?' instead of 'Why?'. Check out my TEDx [Empathy; the Heart of Difficult Conversations](#).

5. 'Hurt People, Hurt People' – connection before correction!

We often lash out when we are struggling and pass our hurt on like a hot potato. When things go wrong, try to focus on harm instead of blame and connect before we correct. Check out Brené Brown's video on [blame](#).

6. How do we Grow Empathy? - punishment versus accountability

We can grow empathy in real time when we experience it. Model and cultivate the 3 x A's of accountability – Acknowledge (harm), Action, Amends. Check out Brené Brown's video on [empathy versus sympathy](#).

7. Shame Versus Guilt – how do we quieten the shame gremlins?

Shame is 'I am bad', guilt is 'I did something bad'! Empathy is the antidote to shame – sharing our gremlins with someone who has earned the right to hear it, they can't survive the light! Have the courage to allow those we love to have their pain, our role may be to simply hold a space and help them to feel it. Check out Brené Brown's video – [Is Shame Good?](#)

8. Giraffe Talk - words can be windows or walls

Avoid blaming 'You' language – 'You did it again, you never/always X' and instead model 'I' statements and feeling words – 'I feel frustrated / worried/ confused...'. Ask yourself, 'Who do I want to be in this situation? – the giraffe or the croc!

9. Needs and Doable Requests - working WITH people!

Consider your needs in order to identify how to meet them by making doable requests. These are clear, actionable, concrete and invitational – 'You have to help out more or you'll be in big trouble' versus 'Can you / would you be able or willing to load the dishwasher after dinner please?

10. Protect your Peace - taking care of yourself as a way to care for others!

Being restorative with yourself is key, you can't give what you do not have. Simply ask, 'What's needed now?' and consider cultivating a gratitude practice ... 'At the end of the day, remind yourself, you did the best you could today, and that is good enough'!... - Lori Deschene

RP at Home - Positive communication for everyday life!

Key Questions...

... for Connection

- What the best/hardest thing for you?
- What's the pit and peak of your day?
- Share something that made you smile / frown today?
- Who did you help / who helped you today?
- What did you find difficult to follow today? / What can you do today that you couldn't do yesterday?



... for Restoration

- What happened?
- What is the hardest thing for you/others?
- How have you/people been affected?
- How are you/people harmed/sad?
- What is needed to make amends?

Restorative Questions
1. What happened?
2. What were you thinking of at the time?
3. What have you thought about it since?
4. Who has been affected and in what way?
5. How could things have been done differently?
6. What do you think needs to happen next?

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...for Self-Care

- What's needed now?
- What do I need?
- What's going well?
- What did I do well today?
- What am I grateful for?



Identifying and Meeting Needs

Restorative Practice is always needs led...

- What do I need? What do you need?
- What are the unmet needs?
- What's needed now?
- What is needed to make amends?
- How can we / I / you / the community meet this need?





Connect & Reflect Invitation:

Journal about your experience of RP at Home.. What's going well... Even better if....?

Connect & Reflect Doodle Space



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