



RESTORATIVE JUSTICE INSTITUTE
OF OKLAHOMA

FOUR PILLARS FOR RESTORATIVE PARENTING

Connect Before You Correct

Take a moment to make a face to face connection with children before correcting behavior, facial expression plays a powerful role in effective communication.

Ask Don't Tell

Move away from directives and, as much as possible, use questions in our corrective interactions. Children process information differently and our corrections in connection teach long term lessons of emotional regulation and healthy assertiveness.

Show Some Emotion

Showing emotion is not the same as letting emotion flood your thinking. Learn how to express feelings without letting them take over to model healthy emotional regulation. Anger, embarrassment, distress and fear serve a purpose and when we don't express them we will eventually leak.

It's About The Rules AND the Relationships

When we frame wrongdoing first and foremost as "harm to relationship" as opposed to "you broke this rule," we are teaching empathy, responsibility in community, and the reasons why rules exist.