



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 is an additional step to make learning and being at home fun with Restorative Discipline Practices, using I Messages.

Take a look at this video that explains what an I-Message is and how it is used to have restorative conversations with your children at home:

https://m.youtube.com/watch?v=Fz_E9nseqEY&fbclid=IwAR3W5zCx30uu2UvTqAqv8Td6atPbgWFWMTIPi8SAqXRQHoEIMFP2rpiiNLU

Try using I-Messages with your children, and prompt your children to use I-Messages when they need to express their feelings appropriately.

I Feel _____ .

3 SIMPLE WORDS.
SAY IT. MEAN IT.

I feel sad when you cry.
Next time, will you talk instead?
It will help me feel better.

I feel frustrated when you scribble on your paper.
Next time, will you ask for help instead?
It will help me feel calm and I would love to work with you.