

A photograph of four children on a city sidewalk. A boy in a red shirt is on the left, holding a red jump rope. Three girls are in the center and right, with one girl in a white shirt and pink skirt jumping. The background shows trees and a building.

Restorative Practices: What is in it for my child?

QUICK SUMMARY

1. Restorative practices are an alternate approach to discipline and fostering relationships.
2. They encourage empathy, accountability and constructive problem-solving.



**REAL
SCHOOLS**

Restorative practices are an approach to discipline and community building that focuses on repairing harm, restoring relationships, and fostering a positive school environment.

This method shifts away from punitive measures and instead encourages accountability, empathy, and constructive problem-solving. Here are several ways restorative practices can benefit your child.

Benefit	Description	How to Support at Home
Promotes Emotional Intelligence	Helps children express and understand emotions, and develop empathy.	Model empathy and active listening; encourage sharing of feelings.
Encourages Responsibility and Accountability	Children take responsibility for their actions and understand their impact.	Help children reflect on their actions and discuss ways to make amends.
Improves Conflict Resolution Skills	Provides tools for constructive conflict resolution through active listening and effective communication.	Teach and practice conflict resolution strategies; guide them in finding mutually agreeable solutions.
Strengthens Relationships	Builds a sense of belonging and trust through community-building activities.	Foster positive interactions and relationships at home; engage in family activities that build trust and support.
Creates a Positive Learning Environment	Contributes to a supportive and inclusive school climate, reducing bullying and improving behaviour.	Promote respect and inclusivity; create a safe space for open communication.
Reduces Recurrence of Negative Behaviour	Addresses the root causes of negative behaviour, leading to lasting behavioural changes.	Discuss underlying reasons for behaviour; work on long-term solutions rather than immediate punishment.
Builds Resilience	Teaches children to handle setbacks, learn from mistakes, and develop coping strategies.	Encourage reflective thinking; support your child in learning from mistakes and overcoming challenges.