



A Parents Guide

Inspiring a Restorative Mindset

Designed for parents and caregivers, the Restorative Parenting Guide offers insights on resolving conflicts, building healthy relationships, and promoting emotional resilience.

At TKF we *believe* *that*

being restorative has **3 main goals:**



At the ***Tariq Khamisa Foundation (TKF)***, we believe in the power of restorative justice practices to transform lives and communities.

Designed for parents and caregivers, the Restorative Parenting Guide offers insights on resolving conflicts, setting healthy boundaries, building or re-building healthy relationships, and promoting emotional resilience.

By offering this guide, we hope to inspire parents and caregivers to integrate ***restorative justice*** principles into their daily interactions. Together, we can cultivate a world that is more compassionate, more just, and more deeply connected.

In this guide we highlight practical tools for fostering a nurturing home environment or parent-child relationship that prioritizes healing, accountability, and positive communication.



How to promote
healthy family relationships
through Restorative Justice Practices



Teach family members to be aware of the impacts of their actions and behaviors on one another.

Help give everyone in the family a voice in problem solving.

Support family healing.

Help parents or caregivers focus, be less stressed, and more mindful when dealing with family challenges.

90% of parents gained valuable insights into supporting their children's development through the use of restorative practices. *(San Diego State University Study)*

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The Humanity of Restorative

Focus on the needs of the individual versus judgement.

Be intentional in your actions.

See change, forgiveness, and hope as achievable outcomes.

How to lead with *Restorative Parenting*



Restorative Responses

Parent gets in a calm
and thoughtful space.

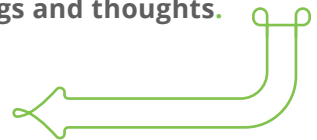


Talks with and listens to child about
what happened in a nonjudgemental
way.



Processes child's
feelings and thoughts.

Discusses best ways to make things right including consequences.



Introduction to *Restorative Circles:* Strengthening Family

AT TKF we have seen first hand the power of restorative circles to build and strengthen community connections. By fostering these relationships, we create a foundation of trust and support, which is essential for a healthy, thriving community.

Components of a Circle

1

A meaningful object is placed in the center of the circle to symbolize the groups shared intention of connection and unity. The centerpiece can serve as a visual reminder of the group's collective focus on building community.

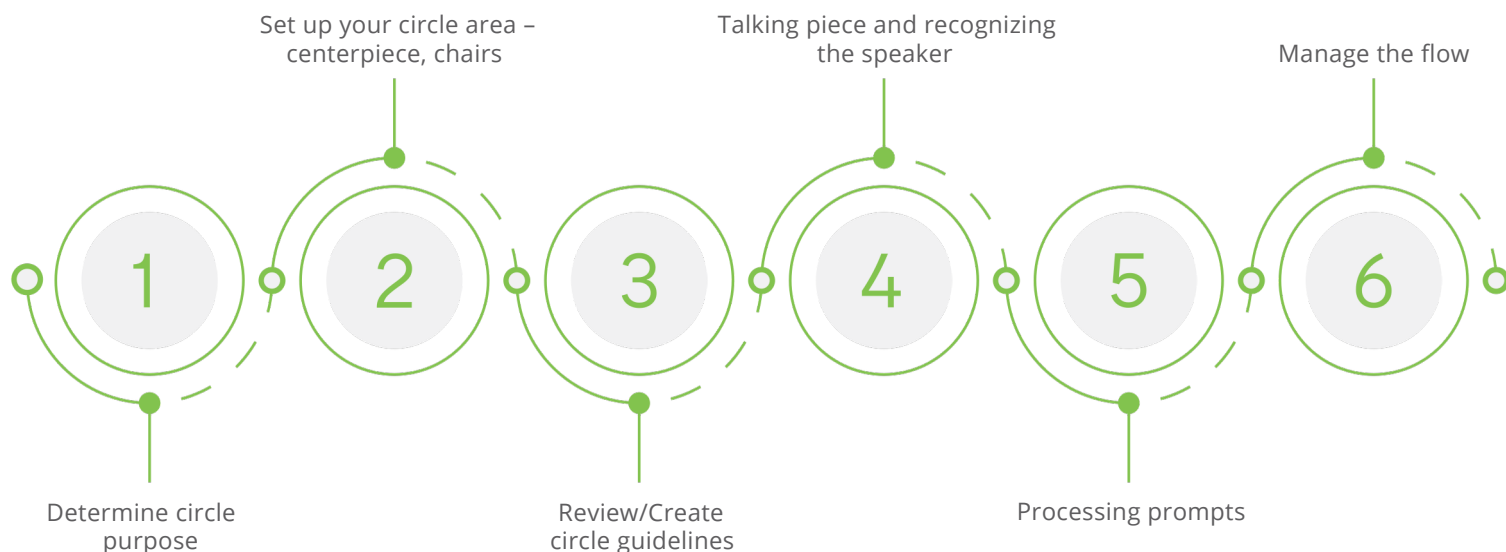
2

An object passed around the circle that indicates who "has the floor" to speak. Only the person holding the talking piece speaks, ensuring that everyone has a chance to contribute while promoting active listening and patience among participants.

3

Use pre-chosen questions designed to spark conversation and reflection. These pre-chosen encourage participants to share personal experiences, thoughts, and feelings, which helps foster deeper connections and understanding between individuals.

Introduction to *Restorative Circles:* Strengthening Family



Check-in Questions for Family Circles:

What's something that made you happy this week?

- Is there anything you're looking forward to in the upcoming days or weeks?
- What's one thing you've learned about yourself this month?
- Is there a family tradition or memory that you cherish the most?
- What's something you've been feeling grateful for lately?
- Continue with additional personalized questions based on the specific issue(s) you are addressing in your circle.



Journal



Thank you
for reading this guide.

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