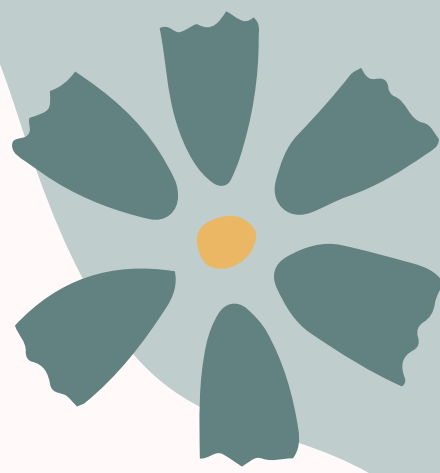


AFTER SCHOOL RESTRAINT COLLAPSE – TIPS FOR PARENTS



WHAT IS RESTRAINT COLLAPSE?

RESTRAINT COLLAPSE IS WHEN CHILDREN COME HOME AFTER SCHOOL AND COLLAPSE EMOTIONALLY AND BEHAVIOURALLY. THIS CAN HAPPEN DUE TO HAVING SPENT ALL THEIR ENERGY WORKING HARD ALL DAY TO STAY REGULATED, FOCUSED AND ENGAGED AT SCHOOL.

THINGS TO TRY;

- OFFER A HEALTHY SNACK AND DRINK ON THE WAY HOME FROM SCHOOL.
- SOME CHILDREN WANT TO CONNECT PHYSICALLY WITH A HUG OR HAND-HOLDING, OTHER KIDS DO NOT WANT PHYSICAL CONTACT. IN THIS CASE YOU CAN CONNECT JUST BY BEING PRESENT OR TRY LISTENING TO YOUR FAVORITE SONG ON THE RADIO.
- SILENCE IS OKAY. TOO MANY QUESTIONS CAN ELEVATE EMOTIONS – CONVERSATIONS ABOUT THE DAY CAN HAPPEN LATER ON.
- VALIDATE YOUR CHILD'S FEELINGS; "IT WAS A LONG DAY, RIGHT?"
- TRY TO STAY CONNECTED THROUGHOUT THE DAY WITH NOTES IN LUNCH BOXES OR SENDING YOUR CHILD TO SCHOOL WITH A SMALL SENTIMENTAL OBJECT.
- YOUR CHILD MAY NEED ALONE TIME AFTER SCHOOL TO DECOMPRESS.
- CONSIDER OFFERING ACTIVITIES THAT SUPPORT REGULATION; READING, DRAWING, OUTSIDE TIME, FRESH AIR, ETC. KIDS OFTEN BECOME DYSREGULATED WITH TOO MUCH SCREEN TIME.

REMEMBER; OFFERING OUR CALM PRESENCE CAN
MAKE A WORLD OF DIFFERENCE

