

Calm Afternoon

Supporting the After-School Transition

After school can look very different from the day that came before. What you're seeing now is often not behaviour to fix — but a release of what was held in.

Not everything needs correcting. Some things need space.

What today might have required

- Holding emotions in
- Following expectations
- Navigating social situations
- Managing sensory input

What you might be seeing now

- Big emotions
- Irritability
- Withdrawal
- Exhaustion

What they might need

- Less talking
- Space or quiet
- Predictable comfort (snack, same show, same space)
- Gentle presence

What helps in the moment

- “You held a lot in today.”
 - “You don’t have to hold it together here.”
 - “We can take this slowly.”
 - “I’m here.”
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Regulation comes before connection. Connection comes before progress.

A child can look okay all day — and still need to fall apart somewhere safe.