

Dealing With After-School Restraint Collapse

What Is After-School Restraint Collapse?

After-school restraint collapse is a common phenomenon that children can experience; it is characterized by the release of a wide-range of emotions when school is over.

Why It Happens?

- **Child is no longer in control of his or her emotions due to:**
 - Pent-up energy
 - Fatigue
 - Hunger
 - Accumulated anxiety-ridden feelings
- **Stress and emotions from the day can now be released in a safe environment**
- **Emotional release can include:**
 - Crying
 - Neediness
 - Detachment
 - Anger
 - Whining
 - Disrespectful or defiant behavior
 - Full-blown meltdowns with kicking and screaming
- **These meltdowns are different than tantrums and should not be punished**



How to Deal With It



- 1 **Create a relaxing and comfortable environment**
- 2 **Remain calm and demonstrate a soothing demeanor**
- 3 **Give your child space to cool down**
- 4 **Replenish your child with a healthy snack and beverage**
- 5 **Encourage physical activity or go on a walk together**
- 6 **Help normalize his or her feelings, but do not push him or her to talk**
- 7 **Listen — and maybe even dance — to their favorite music**
- 8 **Limit after-school activities, if needed**
- 9 **Identify and avoid meltdown triggers**
- 10 **Develop a decompression routine or ritual**



PATHWAY
Christian Prep Academy