



Roarsome Roar

INCLUSION NEWSLETTER



Hello! and welcome to the second addition of the Roarsome Roar.

TACKLING THOSE AFTER SCHOOL MELTDOWNS.



PHEW!! What a long term. At this point the children (and adults) have spent many days and weeks being told what to do, where to be, how to behave, when they can eat, when they can go to the toilet, following orders, and coping for hours!

PROBABLY THE LAST THING.....

they want is to go over their day. They need a break. They need to know that they are at a place where they can be themselves.

Many children struggle with the transition between school and home. Sometimes this can result in outbursts in the school playground (during pick up) or at home.

The important thing to remember is, you are not alone.

It is **NOT** a reflection on your parenting, it is simply the child letting go and unwinding from the day. When they have had a chance to process their day, a bit of time to wind down, they will be ready to chat.

HOW TO HELP THOSE AFTER SCHOOL MELTDOWNS

1. **Connect** via touch, eye contact or a gentle smile when reunited.
2. **Reassurance is key.** "I am so happy to see you!
I have been thinking about you all day!"
3. It is important **not** to bombard them with questions. Quiet is ok.
4. **Create** a little ritual or routine, for the journey home.
5. **Sitting quietly** with them. Allow them to lead the activity or chat.
6. **Refuel.** It is amazing what a little water and food can do for your mood.

AND... after all this remember to take time for yourself. Remind yourself how amazing you are!

