

After school tips

Routine

Consider providing a consistent and predictable after school routine.

Encourage time spent on a preferred activity or hobby

Allowing the person to spend some time doing something they enjoy after a difficult day can help them decompress.

Consider avoiding questions about their day straight away

Just like adults, after an exhausting day our children and young people may want to relax and be left undisturbed. Your child or young person may need this time before they talk about their day. Of for some, any questions at all about school can cause distress because school life and home life to them may need to be kept separate.

Consider the demands you are placing on them

Can emptying their rucksack or cleaning their bedroom wait? For some, placing demands immediately once they return from school can be distressing. Consider allowing time for decompression.



A lot of our parents/carers tell us that a likely time of struggles is when their child or young person has returned home from school. This could be for reasons including exhaustion and/or needing time to decompress after their day.

Consider decompression strategies

For some this may look like a designated time spent on a chosen activity. For others, this may include some sensory input from yourself. Do they need time on their trampoline, or does the person need a snack before resuming their normal after school routine?

Consider going straight home after school pick-up

After what could potentially be an emotionally exhausting and unpredictable day, the first thing some children and young people want to do is return to their safe space.

Consider going straight home after school pick-up

For some, unexpected changes after school can cause anxiety. If you know there are going to be changes, for example, a different person picking them up, try and prepare them in advance for this. However, for some preparing them too far in advance can cause anxiety. Consider what is best for your child or young person.

Consider communication methods

Think about ways in which the person can discuss any worries or concerns from their day with you. This may look like a “worry monster” or a “worry box”. Could you have a designated talking time each night where your child or young person discussed their day with you?

