

After-School Meltdowns

If your child falls apart the moment they get home, it doesn't mean the day went badly — it means they were holding it together.

What this is

This is delayed stress release. Many kids mask all day and unload where it's safest.

Why it shows up

- Emotional suppression during school hours
- Sensory + social fatigue
- No buffer between performance and rest

What to try this week

1. Protect a **10–15 minute no-talk decompression window**
2. Offer food + movement before questions
3. Save problem-solving for later in the evening

When to get support

If meltdowns escalate or last hours, your child needs help releasing stress before it piles up.

Recommended tools

- **Happy Core Program** (regulation + repair)
- **GOAT Book** (normalizes big feelings without shame)

Meltdowns are information, not misbehavior.

If this helped even a little, you're on the right track.

When you're ready, you can go one step further:

- [See related tools →](#)
- Talk to Kristin (10-min game plan call) →