

# Connect with my child after school!

With the return to school and routine, what could be better than enjoying the moment when your child comes home from school to spend time together!



After a long school day, children need a transition period that offers them reassurance and connection. For some children, this need can manifest itself in the form of tears and frustration, it is a phenomenon known as "after-school restraint collapse". These after-school collapses are more common during the first few weeks of school, but they can still appear throughout the year.

Here are some ideas for spending quality time with your child when he get home from school and help him calm down:

1. You can wait for your child's return by preparing to give them your full attention and try to avoid being in "autopilot" mode.

2. To change the routine you can surprise your child by taking him to a park (plan snacks!). On the way home you can discuss all the beautiful things you have done together (e.x: looking at the leaves on the trees, listening to the sound of the wind). If your child is older, you can let him choose an activity of his choice!

3. While you prepare dinner, have a "basket of quiet activities", such as coloring books, card games or playdough. You can also invite him to help you if he wants to.

4. You can take advantage of dinner time to talk to your child about their day. Instead of asking him "how was it at school today?" you can give him a challenge: He has 60 seconds to explain the most interesting, weird or wonderful moment of his day! You can also share something about your day. It's OK to talk about things other than school!

