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TIPS FOR CALMER SCHOOL MORNINGS



Wake your child up in a positive happy mood



Have a filling breakfast

Don't go to bed late the night before school



Don't lay in, wake up in lots of time



Get school uniform out ready the evening before



Pack school bag the evening before

Play uplifting music e.g. Lovely Day, Wake up Boo, Here comes the sun



Make sure you give yourself enough time in the mornings, so you don't feel stressed



Prepare your child's lunchbox the night before



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Walk to school



Why is my child angry & upset after school?



Children are often dysregulated after school, due to the stimulation of the day and emotions they have felt, which they have not had an opportunity to process.

Children will sometimes "let go" when they are at home, as they feel safe back in their own environment and with you.

Although this is a good sign that they are feeling safe at home, it can also be very difficult for a parent or carer given to be on the receiving end of their anger and frustrations. Don't be concerned if your child wants to spend short amount of time on their own after school.

When this happens we can help our children by:

Check if your child needs anything. Are they hungry? Thirsty? Need a hug? Time alone?

Talk to them about how they are feeling and how to recognise their feelings.

Being able to unwind and process. This can be through playing or their favourite hobby.



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5-4-3-2-1 Coping Strategy

5

things you can see...



4

things you can feel...



3

things you can hear...



2

things you can smell...



1

thing you want to taste...

