

## SCHOOL PICK UP:

- **Share our excitement to see our child:** This can sound like this:



*"I'm so happy to be with you! I missed you!", "I'm so excited to see you, I was thinking of you today & all the things you might have been doing!"*

- **After school tantrums/dysregulation:** This is something that is very common for these two main reasons:

Unfortunately, in many schools children **aren't given enough sensory stimulation** for their body & don't get to move their bodies enough through out their day.

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Oftentimes children bottle up how they truly feel in front of their classmates & teachers. They might bottle up their frustrations, insecurities, excitement, fears & sadness because **they don't feel safe enough to express themselves. This leaves children with lots of lingering emotions waiting to be expressed.**

**THIS IS A SIGN THAT OUR CHILD FEELS SAFE & SECURE ENOUGH WITH US TO EXPRESS ALL THEIR EMOTIONS.**

## SCHOOL PICK UP:



- **Help our child regulate their body with movement:** Think of any ways you can add movement when picking up child from school. Here are some ideas:

*Parking the car far from the school so that you both walk or skip to the car.*

*Heading to the park to go on slides & swings.*

*Playing games that involve sensory input at home.*

*Going biking/scootering/rollerblading.*

- **We need to prepare ourselves mentally for the after school dysregulation/meltdown:**

Before picking up our child we can take a moment to calm our body down & remind ourselves to breathe through the discomfort that we may feel when our child experiences their after school emotions. Remind ourselves that emotional expression is healthy & that helps our child move forward with their evening. \*\*More on this in Emotions & Tantrum Course\*\*

## SCHOOL PICK UP:



- **Ask open ended questions:** Instead of asking "how was your day?" & our child just answers "good/bad" we want to really bring our child into the nuances of their day. Versus it being black & white and summing up their day as either good or bad. Here are some questions that open up discussions:

*"Today was gym, what game did your class play?"*

*"What was your favourite part of your day?"*

*"What was the hardest part of your day?"*

*"What did you play during recess time?"*

**\*\*Teach your child body safety- go to course called "Consent & Body Boundaries"\*\***