

# PDA After-School Reset

One-page nervous system plan for the hardest hour of the day (PDA + AuDHD)

## Why after-school hits hard

- All-day performance + masking
- Social / sensory drain
- Nervous system crash at home

## Parent nervous system first

- Stop interpreting tone as disrespect
- No teaching during dysregulation
- Regulate, then repair

## Demand detox (first hour)

- No questions, no plans
- No homework talk
- No "quick requests"

## What to say instead (lower-demand language)

**Instead of:** "How was your day?" **Try:** "You don't have to talk right now."

**Instead of:** "Go do your homework." **Try:** "We can look at it together later."

**Instead of:** "Just do this one thing." **Try:** "Nothing you need to do right now."

**Instead of:** "Why are you acting like this?" **Try:** "Looks like today took a lot out of you."

**Instead of:** "Come on, let's go." **Try:** "We'll figure it out in a minute."

## Recovery first

- Snack + hydration
- Screen time as decompression tool
- Dim lights / headphones

## Connection without pressure

- Body double without talking
- "You don't have to explain."
- "We'll handle it later."

## If there's aggression

- Create distance + safety
- Lower stimulation
- No consequences mid-storm

## Homework later

- Choice: help starting or privacy
- Start with one micro-step
- Stop before overload

## Emergency unstick plan

- Reset first: quiet + food
- Then one next step
- Repair and reconnect after

Tip: After school is decompression time. Recovery first, demands later. - Tara Trievel, Certified Autism Specialist