

# PDA After-School Reset (Younger)

Simple shifts to help your child decompress after school

## ***Why after-school is hard***

- Masking all day
- Sensory overload builds
- Home feels safe to release

## ***Parent nervous system first***

- Slow your voice and body
- Don't take behavior personally
- Regulate before responding

## ***First hour: remove pressure***

- No questions
- No expectations
- Focus on recovery

## ***What to say instead***

**Instead of:** "How was your day?"

**Try:** "You don't have to talk yet."

**Instead of:** "Go do homework."

**Try:** "We'll figure that out later."

**Instead of:** "Calm down."

**Try:** "I'm right here with you."

## ***Support recovery***

- Snack + water
- Quiet space
- Screens if helpful

## ***Connection without pressure***

- Sit nearby
- No talking needed
- Presence matters

PDA is a nervous system response. Reduce demand, support autonomy, and protect connection. - Tara Triebel