

SEND Newsletter

This term's focus is
After School Restraint Collapse



What is After School Restraint Collapse?

This term refers to a phenomenon where children may exhibit emotional outbursts, meltdowns or fatigue, after 'holding it together' during the school day.

This can happen when children feel overwhelmed by the need to control their behaviour and emotions at school, and once they are in their 'safe environment' at home, their pent-up emotions are released.

It is a reaction to the demands of school and can be supported by providing a calm, understanding environment after school where they can decompress and express themselves.

What can parents/carers do to help?

- Have a drink and a snack ready

Dehydrated brains do not function as efficiently and can lead to dysregulation.

- Do not overly question your child

When the 'thinking brain' is offline, this will only confuse and irritate.

- Decide the compression activities you want to do outside of any crisis situation

Doing this at a different time means the 'thinking' has been done prior to needing the activity.

- Keep demands low after school, to allow for decompression time

Doing this gives them time to decompress/wind down/process the day

- Physical activities may help

Doing this will help the adrenaline in their bodies have an outlet, which will eventually provide 'calm'.



Useful website links:

<https://www.bbc.co.uk/bitesize/articles/z863cxs>

<https://www.todaysparent.com/family/afterschool-restraint-collapse/>

<https://yourstudentyourchoice.com/blog/helping-children-with-after-school-restraint-collapse-a-guide-for-parents>

Useful signposting for parents/carers:



<https://livingwell.darlington.gov.uk/Services/340>

As the new academic year has started please remember that independent, impartial advice on all matters SEND is freely available to children, young people and their parents and carers from SENDIASS.

The staff in this organisations have had relevant training regarding the SEND Code of Practice and the Equalities Act, as well as appropriate personal checks carried out on their suitability to carry out their roles.

This organisation comply with data protection legislation to keep you and your information safe and secure and both are covered by public liability insurance.

When seeking advice and support on SEND matters, please ensure you are doing so safely – the easiest way to do this is through the appropriate and recognised channels.

