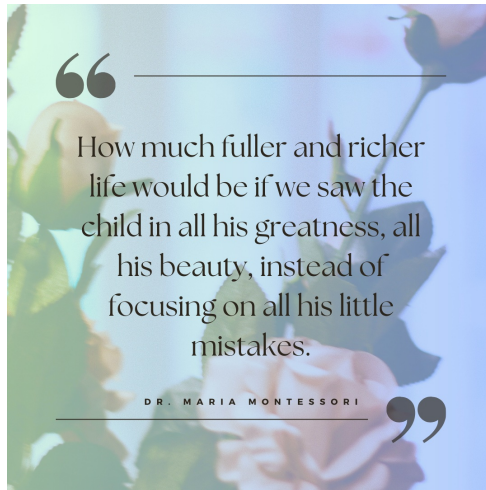


Montessori Center of Downriver - November Newsletter

The After-School Restraint Collapse: Helping Your Child Overcome Their Emotional Buildup from School

By [Dr Ashley Diehl](#)



Now that the school year has started, I always make sure to ask my patients how things are going. I've found that parents sometimes have more anxiety than their children! Other times, a typical response I hear is, "I just don't get it. My children are angels at school, but when they get home, they're a mess! I want to hear about their day and all I get is a huge meltdown."

As a mother myself, I know how hard it can be to have minimal time with your children and having that time monopolized by challenging behavior.

You are not alone! These behaviors can result in a meltdown referred to as the "after-school restraint collapse."

What is the After-School Restraint Collapse?

Andrea Loewen Nair, a counselor and parenting educator, coined the term "after-school restraint collapse" because kids often hold their feelings together all day at school and only feel safe to let it all out at home. Children and adolescents can release these emotions through:

- Screaming
- Crying
- Whining
- Disrespectful behavior
- Anger

While the after-school restraint collapse can affect all kids, it can be more prominent in sensitive children with learning or socialization problems. Further vulnerabilities, like a lack of sleep, hunger, overstimulation, or sickness, may result in even the most even-keeled child losing control at home.

Adjusting to a school schedule and everything it affects, like the time away from home, missing parents, having to sit still for hours, learning challenging topics, and navigating the social scene, takes time. When children get home, they are both emotionally and physically exhausted and are in an environment where they feel safe to let their emotions out. Keep in mind that these meltdowns differ from tantrums.

What You Can Do At Home

Something to keep in mind is that, while you have missed your child and are dying to know how their day was, they may be coming home completely overstimulated. If you bombard him/her/them with questions, this may lead to a meltdown.

Try to greet them with a smile and hug and avoid the impulse to ask them a million questions about their day. Creating a calm environment where your child can regroup and sit quietly may also be helpful. Your child needs a “brain break” when they get home and do not need to jump right into doing homework.

Limiting after-school activities can also allow your child to decompress. Remember that hunger is a huge vulnerability, so providing a snack and drink to rehydrate and replenish is key.

One last suggestion from Andrea Nair is to find small ways to stay connected with your child while they are at school. This can be through a matching bracelet you both wear, small notes in their lunchbox or folder, or giving them a picture of you together.

It may even help in the morning to give them extra snuggles, kisses, or participating in a special morning activity you do together like walking the dog or reading a short story. Some great books for children that discuss being away from loved ones are *The Kissing Hand* by Audrey Penn and *The Invisible String* by Patrice Karst.

When All Else Fails

No matter what you do, your child may still feel like a mess when they get home. If you are dealing with meltdowns, don't resort to punishment. Allow your child to release their emotions while supporting and validating their feelings. It may be helpful to transition your child into a safe place where they can't hurt themselves.

While a meltdown can be upsetting to watch and your child's behavior may trigger you to react, don't take it personally. Tell yourself that your child is having a hard time and that it has nothing to do with you. Take comfort in knowing that your child feels safe at home and this is a place where they can let their feelings out.

You may be tempted to talk about their meltdown and address their behavior while they are in the throes of one. We understand that urge but encourage you to wait for them to completely calm down. And don't expect that talking about it will prevent a meltdown tomorrow. Remember, a meltdown is a release that is not controlled and not driven by the need for attention or to get something.

Finding Ways to Let Your Child Relax

Try to find positive ways for your child to decompress, such as:

- Going for a walk
- Taking a bike ride
- Swimming
- Playing music
- Dancing

Or, you can simply allow them to be in a room where they can relax on their own terms. It can be even better if you make this activity a part of their daily routine. Remember, routines are comfortable for everyone and can be calming to children since they will know what to expect at home.

When you calmly talk with your child, provide some suggestions on ways they can communicate their feelings. This can be done through art, using statements such as “I feel ___ because ___”, or even reminding them to take deep breaths.

When your child is calm, you may be able to identify triggers for these meltdowns and can brainstorm together ways to prevent or minimize them. Most importantly, express validation and empathy. Let them know that you love them and aren't angry. While some kids are more sensitive and easily impacted by the restraint collapse, as the school year goes on and children get used to their new academic routines, these challenging moments will hopefully decrease.

In the Classroom



Mrs. Ashley's Class

In November, Mrs. Ashley's class will be learning about transportation and safety signs. They are also going to have a Thanksgiving meal in the classroom! (Date will be announced later.)



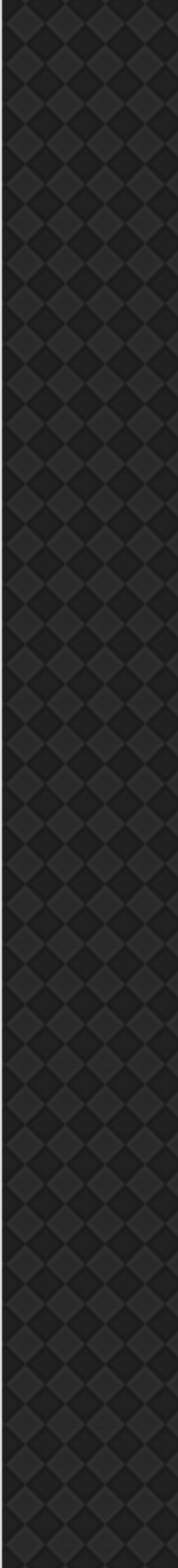
Mrs. Dona's Class

In November, Mrs. Dona's class will be learning about North America and Thanksgiving and will be working with leaves. They'll also be baking and tasting fall flavors!



Ms Mandi and Ms Donnette's Class

Ms Donnette and Ms Mandi's class will begin learning about the continents, starting with North America. They'll also be starting science this month. The class will also continue cooking together each Friday!



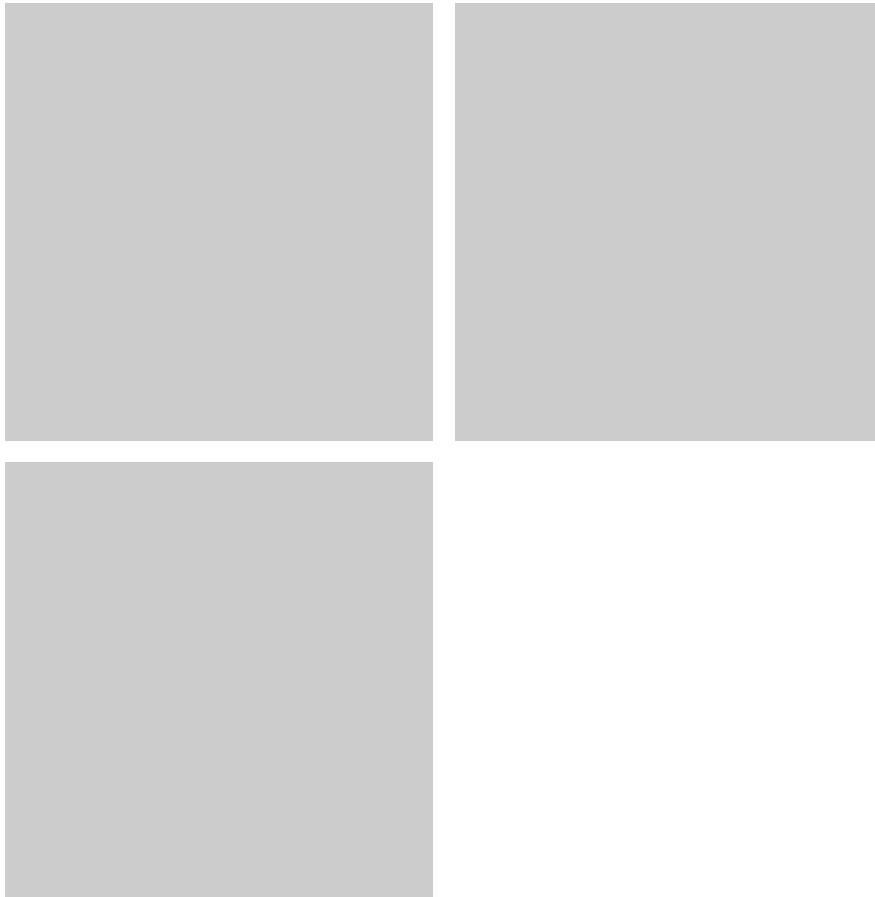


Mrs. Melissa's Class

Mrs. Melissa's class will be learning all about nutrition and the food groups in November. They'll be testing new fruits and vegetables, and they'll be working on food prep as well.

Trunk or Treat!

Thank you all so much for your donations; the event was a success thanks to your generosity! We had a great time seeing all of you outside of the school and are looking forward to more opportunities to build our community in the future.



A Huge Thank You!



We all want to thank Stefanos and his parents for the delicious Halloween lunch! We so enjoyed it!

Local Events

Don't Trash it, Smash it!

Council Point Park, Lincoln Park

November 4, 10am-3pm

Have any plans for your pumpkin after Halloween? Join us for our first ever Pumpkin Smash! The Pumpkin Smash is an annual effort by communities to divert pumpkins from landfills by providing locations for residents to drop-off jack-o-lanterns to be composted. After the event, the pumpkins will be transported to the City of Taylor to their composting facility!

Pumpkin Roll!

Van Buren Park

November 4, 10am

Bring your leftover Halloween pumpkins and roll them down our Sled Hill at Van Buren Park!

Detroit Mini Donuts will be on hand selling fresh, hot donuts. The first 100 attendants will get free donuts!

Detroit Institute of Arts Drop-in Workshops

Sugar Skulls

Nov 3, 6-8:30pm

Nov 4, 12-4pm

Nov 5, 12-4pm

Free with general admission (General museum admission is FREE for residents of Macomb, Oakland and Wayne counties). Learn how sugar skulls are used for Day of the Dead celebrations in Mexican and Mexican American communities while you decorate one of your own to take home! No experience necessary. All supplies provided. Free with admission.

Felt Marionette Puppets

Nov 25, 12-4pm

Nov 26, 12-4pm

Free with general admission (General museum admission is FREE for residents of Macomb, Oakland and Wayne counties). Use felt, ribbon, and a tongue depressor to turn a butterfly, snake, spider, fish, or a creature of your imagination into a whimsical marionette.

Southgate Library

Pajama Storytime

November 16, 6:30pm

Join us in your pajamas for a special storytime! Children and their families are invited to join us for books, music, and more at this evening storytime.

Stuffed Animal Sleepover

November 16, 7pm

Does your favorite stuffed animal want to have a sleepover with some new friends at the library? Drop them off for all sorts of fun! Your stuffed animal will enjoy games, books, and friends all night long. Then on Saturday, November 18 you can pick your snuggly friend up and see just what they got up to at their sleepover. Registration is requested, so that we can get your stuffed animals back home safely. You can register at the front desk of the library, by calling us at (734) 258-3002, or [clicking here](#).

(*Please remember this is a 2 day sleepover, because the library is closed on Fridays. If you cannot go without your stuffed animal for that long, please select another to come to the sleepover.*)

Wyandotte Winter Market

Yack Arena

November 17 and 18, 3-9pm

The first Winter Market in Wyandotte is taking place in the Wyandotte. This European-themed outdoor market will be hosted in the Yack Arena parking lot featuring a multitude of different food and artisan vendors. After strolling the Markets, you can head inside the Yack Arena for opening skating.

Riverview Tree Lighting

Young Patriot's Park

November 18, 5-9pm

No Admission Charge. There will be a shuttle bus from Riverview Highlands Golf Course and Young Patriots Park between 5pm and close for extra parking. We have a large heated tent to keep people warm. The Tree Lighting will feature the following: toy train rides, strolling magician, inflatable snow globe, stilt walker, hayrides, petty farm with camel, bonfires and heated tent, visit with Santa, lighting of the tree (8:45pm), snow in the park, and fireworks (9pm).

Brownstown Tree Lighting

Thorn Park, Brownstown

November 30, 6-8pm

Join us for Santa, Woodhaven HS Marching Band, the Grinch, reindeer, petting farm, ice carvings, face painting, food trucks, and more at the 2023 Tree Lighting!

Resources

Gleaners

Gleaners provides boxes of fresh food to anyone in need. No income requirements or registration necessary, but the boxes are first come, first serve.

Adams Middle School
33475 Palmer
Westland, MI 48186
11/09/2023: 12-2pm

City of Woodhaven
23101 Hall Rd
Woodhaven, MI 48183
11/14/2023: 9-11am
11/28/2023: 9-11am

City of Wyandotte - Copeland Center
2306 4th Street
Wyandotte, MI 48192
11/3/2023: 9-11am
11/17/2023: 9-11am

Ford Community and Performing Arts Center
15801 Michigan Ave
Dearborn, MI 48126
11/7/2023: 9-11am
11/21/2023: 9-11am

Christmas Assistance

Toys for Tots Downriver is accepting requests for a toy for the holidays. [Applications](#) must be submitted by 12/08/2023. No income requirements.

Dearborn Toys for Tots (includes Southgate, Taylor, and Lincoln Park) is accepting requests for a toy for the holidays. [Application](#) deadline is November 17th.

2023 Taylor Goodfellows' Holiday Assistance Application is open. For Taylor residents only. Deadline to submit [an application](#) is November 17th at 5 pm.

Salvation Army Angel tree program is accepting applications [here](#).

Further Reading

1. [Talking Respectfully to Your Children](#)
2. [Practical Life Through the Ages: Early Childhood](#)