

A large, dark teal graphic of the number 5 is positioned on the left side of the page. It has a thick, rounded stroke and a curved bottom. The background is a solid teal color.

THINGS YOU
SHOULD KNOW
ABOUT AFTER
SCHOOL

Restraint-collapse



1 THE WHAT AND THE WHY

AFTER SCHOOL RESTRAINT COLLAPSE HAS BEEN NORMALIZED AS A CHILD'S NATURAL RESPONSE AT THE END OF A LONG DAY WHEN THEY GET HOME AND FEEL SAFE ENOUGH TO LET THEIR BIG FEELINGS OUT.



REMAIN CURIOUS

TRUE, YOU MAY BE YOUR CHILD'S SAFE PLACE AND IT IS NATURAL FOR THEM TO GIVE LET THEIR "HAIR DOWN" WHILE IN THEIR SAFE SPACE, BUT THE BIGGER QUESTION SHOULD BE: WHY DON'T THEY FEEL SAFE BEING THEMSELVES OUTSIDE OF THE HOME?

3

DIG DEEPER

CHILDREN NEW TO THE CULTURE OF SCHOOLING EXERT A GREAT DEAL OF ENERGY TRYING TO KEEP UP WITH NEW RULES, ROUTINES, EXPECTATIONS, AS WELL AS LEARNING HOW TO NAVIGATE A VARIETY OF UNFAMILIAR SOCIAL SITUATIONS. A CHILD NEEDING TO DECOMPRESS AFTER TAKING ALL OF THIS IN IS NORMAL.

4 THAT'S NOT NORMAL

HOWEVER, A CHILD'S NERVOUS SYSTEM
REJECTING THE OPPRESSION CAUSED BY:

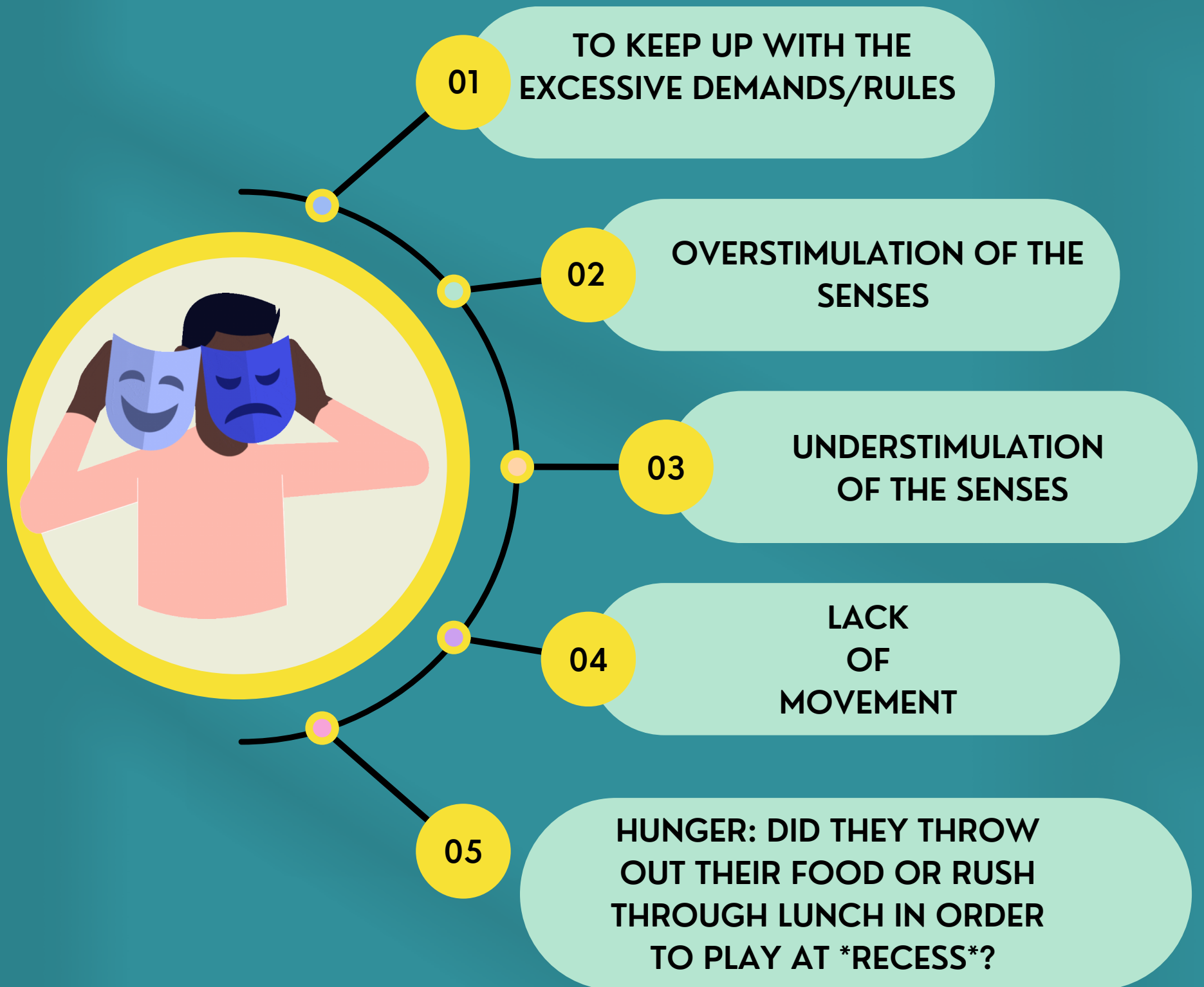
- EXCESSIVE RULES
- COERCION
- HARSH DISCIPLINARY PRACTICES
- REGULATION OF AUTONOMY &
- LACK OF AGENCY IS A NATURAL
RESPONSE TO AN UNNATURAL
ENVIRONMENT



THIS IS MASKING

THROUGH OUR MODELING, A CHILD WILL LEARN THAT THERE ARE NUANCES TO OUR PERSONALITIES, AS WELL AS THE APPROPRIATE PLACES TO EXPRESS THAT BEHAVIOR. THE ISSUE WITH RESTRAINT COLLAPSE CAUSED BY ENCLOSURE IS THAT OPPRESSION & SHAME INFORM THE CHILD THAT WHO THEY ARE IS NOT APPROPRIATE. SERIOUSLY, IF YOU NEED A SAFE SPACE TO BE YOU THEN WHO YOU ARE IS NOT APPROPRIATE.

WHY YOUR CHILD MAY NEED TO MASK



THE BOTTOM

LINE

ALL BEHAVIOR IS COMMUNICATION

GETTING THROUGH
THE DAY AND **SURVIVING**

THE DAY ARE NOT THE SAME. TAP IN WITH YOUR CHILD AND LISTEN TO WHAT IS GOING ON DURING THE DAY. IF YOU FIND THAT RESTRAINT COLLAPSE IS DUE TO OPPRESSION, TAP IN WITH THEIR EDUCATOR AND DISCUSS WAYS YOU CAN OPEN UP THE ENCLOSURES IN THEIR LEARNING ENVIRONMENT. SO THAT THEY CAN TAKE THE **MASK OFF**, AND FEEL OKAY TO BE THEMSELVES EVERYWHERE THEY ARE.



BECOME A PLAY PATRON

DONATE TODAY