

After-School Reset Routine

■ Drop Bag & Shoes

Designate a basket or hook by the door.

■ Snack Time

Offer a balanced snack to refuel after school.

■ Shake Off the Day

Movement time: trampoline, animal walks, or dancing.

■ Connect

Quick chat, cuddle, or a moment of quiet together.

■ Calm Play

Encourage crafts, Lego, drawing, or small world play.

■ Evening Rhythm

Transition into wind-down with bath, story, and bed.