

5 Sure-Fire Ways to Handle The After School Attitude

1. Greet Without The Questions.

“ Would you like to tell me about your day now, or later?”

2. Feed Them A Healthy Snack

Get rid of HANGRY with fruit, yogurt, and veggies.

3. Allow for Down Time

Kids need time to relax and play after such a busy day.

4. Be Consistent with Rules and Routines

Children thrive when they know what's expected of them.

5. Connect and Reflect

Spend 10-15min connecting and playing with your child.

