

February 3, 2025



# St Patrick's Preschool

## February 2025 News

### Does your child melt down when they get home from school?

If the answer is yes you are not alone. Melting down, not listening, and pushing limits, are all common after school behaviors. Young children have to work very hard to listen, follow directions, and share their teacher's attention at school. They spend a lot of emotional and mental energy just trying to "be good." Much like adults, they keep it together when they need to, but often vent and act out when they get home and are around the people who make them feel the safest.

**Here are a few strategies to make the afternoons a little bit easier:**

- Try and refrain from asking 100 questions about their day. Bombarding your child with questions can be overwhelming. Instead, tell them how happy you are to see them. Ask them if they would rather tell you about their day now, or at dinner. When they are ready to talk, ask open-ended questions, "What was your favorite part of the day? What new thing did you learn today?"
- Feed them! When their stomach is full, they are less likely to be frustrated and angry. Providing a healthy lunch or snack with lots of water will definitely help.
- Try to give some "down time." Let them play and let loose. If you can, avoid running errands right after school. Limiting screen time by going outside or having quiet-play time helps with focus and mood.
- Be consistent with rules and consequences as children thrive in situations when they know what is expected of them. Be understanding, tell them you know it's been a long day, "But we are still kind to each other and follow the rules."
- Find time (even 10 min.) to put down your to-do list and connect with total focus on your child.

## Helpful articles:

### After School Restraint Collapse

<https://www.todayparent.com/kids/after-school-restraint-collapse-is-a-real-thing-heres-how-to-deal-with-it/>

### How to Help your Sensitive Child Handle Big Emotions

<https://www.thehighlysensitivechild.com/sensitive-child-handle-big-emotions/>

## Registration is now open to the public!

We are accepting registration for fall 2025 and summer camp. If you have not claimed your spot please follow the links below. Spread the word about our program to family and friends!

### Summer Camp Registration:

[https://schools.mybrightwheel.com/sign-in?redirect\\_path=forms/37eb3544-ea3d-4a74-889e-342266b5c1f6/self-service](https://schools.mybrightwheel.com/sign-in?redirect_path=forms/37eb3544-ea3d-4a74-889e-342266b5c1f6/self-service)

### 2025-2026 Registration:

[https://schools.mybrightwheel.com/sign-in?redirect\\_path=forms/7402cda3-9e77-4315-bb1f-9f-f8309b6ec8/self-service](https://schools.mybrightwheel.com/sign-in?redirect_path=forms/7402cda3-9e77-4315-bb1f-9f-f8309b6ec8/self-service)

## Upcoming Events:

- February 7th - Teacher Work Day **NO SCHOOL**
- February 14th - Valentines Day, bring a valentine for your classmates
- February 24th - Visit from a dentist for Dental Health Month!
- March 10-14th - Spring Break **NO SCHOOL**
- March 31st & April 1st - Spring Photos

