

# THE BIG EXHALE

## AFTER-SCHOOL RESTRAINT COLLAPSE & PRADER-WILLI SYNDROME



Many children work very hard to manage their emotions, impulses, and energy at school.

When they get home to their "safe place" they may suddenly let it all out. This isn't misbehaviour; it's their way of saying, "I've been holding it together all day."



### Avoid too many questions at once

It's tempting to ask, "How was your day? What did you do?... But after holding it together all day, too many questions can feel overwhelming and lead to frustration. Instead, give them time to unwind.

Offer choices: "Do you want to draw or listen to music?"

### TIPS FOR A SMOOTHER TRANSITION TO HOME:



#### Change & chill

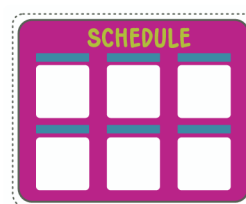
Allow time to change out of uniform and unwind in their room — whether that's play, listening to music or simply resting.



#### Movement or sensory activity

Gentle stretching, walking, dance party or sensory play helps release stress in a safe, structured way.

Motion changes the emotion!



#### Clear routine & plan

Have a predictable structure for the afternoon and evening (eg., change clothes → relax/play → homework → dinner). When children with PWS know what to expect, it reduces anxiety and helps them feel secure.



#### Connection before correction

If a meltdown happens, start with calm reassurance and comfort. After they've settled, you'll have a better chance to guide and support them. Always remember, PWSAI are here to offer advice and support if you need it.

THINK OF THIS TIME AS A TRANSITION BRIDGE — GIVING YOUR CHILD SPACE TO SHIFT FROM THE STRUCTURE OF SCHOOL BACK INTO THE COMFORT OF HOME

