



## Evening Meltdowns

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Many times, our kids on the Spectrum will “hold it together” during the day, particularly during the school day, and then seem to “fall apart” in the late afternoon or early evening after coming home.

This can, for obvious reasons, result in frustration or even a feeling of helplessness for parents.

There could be many explanations for this occurrence, but two main reasons immediately come to mind.

It’s important to remember that, during their school day, kids on the Spectrum expend a tremendous amount of mental and emotional energy trying to follow rules and expectations that they can sometimes feel are confusing.

This is often coupled with the struggle of handling the stresses of social situations, doing their best to deal with excess sensory input, and a myriad of other things associated with ASD. By the time they arrive home, our kids are nearly completely spent and with little to no energy left for emotional regulation.

Knowing this, I often find kids on the Spectrum greatly benefit when they are given some time to do a “reboot” of sorts after they get home. This leisure time allows them to recharge and reset, and is beneficial before fulfilling expectations placed on them at home such as chores, homework and other obligations.

A second consideration is that “home,” for these young men and women, is often the safest and most comfortable environment for our kids, as well it should be. Because of this, many times this is where they feel it’s the place to let their guard down and release emotions they may have held in all day. If your child is doing this, please consider they may be doing it at home because they feel safe, secure and loved; not the other way around.

If your child is on the Spectrum and you find, especially toward the end of the school week, meltdowns are more common after they have “held it together” during the day, consider allowing them a chance to recharge and let the stresses of the day dissipate. Just like anyone else, a rest period after getting home can reap huge dividends.

If this isn’t working, and you are feeling something else is wrong, then you should contact a specialist or our office for additional help.



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