

The first twenty minutes after school

What helps when the day went fine and home gets the rest of it.

1

Ask nothing for the first twenty minutes.

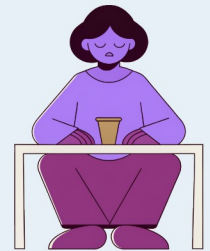
How was your day is a test at the worst possible moment. The questions keep until the body has landed.



2

Food and quiet before anything else.

Low light, something to eat, and the screen only if a screen settles them. Most of this is a tank on empty.



3

Keep the arrival identical every day.

Same door, same hook, same snack, same chair. Ten predictable minutes cost nothing and prevent most of it.



4

Name the effort instead of correcting the behavior.

You held it together all day, and that was hard. Saying it out loud ends the episode faster than a consequence does.

