Our after-school landing plan

Print this sheet, or talk through the prompts together. Use only the parts that help. Keep completed copies private.

Try this plan with your child at a quiet time. Use drawings or choices if open questions are difficult. Start with the first part of the afternoon rather than planning every minute.

What happens now?

The first place we go after school: _____

People or activities we need to fit in: _____

A part that often feels difficult: _____

What might help first?

My child would like: _____

The adult needs to manage: _____

One thing we can realistically offer: _____

Examples might include quiet company, a drink, a familiar activity or some safe movement. Choose what suits this child rather than copying another family's routine.

Continue: Our after-school landing plan

Our first three steps

_____

_____

_____

Help needed with one of these steps: _____

Our simpler version for a busy day: _____

Talking about the day

A time or place my child prefers: _____

How they can show they are not ready to talk: _____

How they can tell me something urgent: _____

What we will notice

Something that became easier: _____

Something we still need to understand: _____

A question to discuss with school or club staff: _____

This is not a reward system. Food, comfort and adult support should not depend on completing the steps perfectly. If after-school distress is frequent or intense, ask for help understanding what support is needed across the day.

Browse all free resources.