

FREE WEBINAR FOR PARENTS & CARERS

After the bell: Understanding after- school dysregulation



The Exchange



NeuroPathways
CLINIC

The Exchange and NeuroPathways are coming together to address a common and often misunderstood reality for many neurodivergent children, young people, and their families: after school restraint collapse.



with Amy O'Hare -
Training Manager
Counsellor/Sleep Coach

After school restraint collapse is the release of accumulated emotional, social, and sensory stress that children build up throughout the school day. It often shows up as meltdowns or shutdowns at home — not because anything has gone wrong there, but because school takes everything a child has.



and Julia Middeke -
Assistant Psychologist &
Counsellor

Many children and young people spend the majority of their energy each day simply coping in the school environment. By the time they get home, there's nothing left and for families, it can feel like everything falls apart.

This session will help families understand what's really going on and, crucially, what they can do to help.

Book your place now:

exchange-counselling.com/community-family-support

