Avoiding Afternoon Meltdowns

We have all been there before. As excited as we are to pick up our children from school/daycare after a long day of work or chores, sometimes the afternoon and early evening is the time of day we dread the most!

The moment you first see your children, you shower them with hugs and kisses and want to hear about all of the fun they had that day. However, once you get home…game over!

Let's face it, we all have our own agenda, and there isn't much time to get what we need done.

You may want some time to sit down, sort through bills and emails, or prepare something *other* than frozen pizza for dinner.

Your children, however, just want your undivided attention, and to eat as soon as possible.

The result: Hours of whining, tantrums, and meltdowns (and not always just from the children!)

The following is a simple solution to avoid afternoon tantrums. So simple, that most of us never even think of it

The minute you get home and unpack everyone's things, spend 10-15 minutes of undivided and uninterrupted time connecting with your children. No TV, no iPad, and no phones. Just 15 minutes, that is all you need…and we promise it will change your night.

What does this look like?

- Play on the floor and have your little one direct the play (blocks, cars, puzzles, art)
- Have a snack together. Giving your children a small healthy snack (crackers or an apple with peanut butter, celery and cream cheese, a cheese stick, carrots dipped in ranch dressing, etc.) every afternoon when they get home wards off any irritability that they may be experiencing. Pretend to have a picnic and spread out a blanket. Get yourself a coffee or small snack as well and sit with them and enjoy the quiet time connection with your children.
- If the weather is nice, go outdoors for 10-15 minutes. Take some time to just run around the yard with your kids. This is good for both of you!

Remember, your child had a long tiring day, just like you. They miss you and want your undivided attention! They are going to get it any way they can.

So, you can either try to get through your afternoon with a whining, crying, bundle of mess, or you can take just a few minutes of your afternoon enjoying playtime with your little ones. After that you have the rest of the evening to tackle your own to-do list!