The After-School Window Planner

Give the afternoon a sequence everyone can explain.

A routine must fit real time, child needs, and adult availability. A crowded day needs a smaller plan with an owner for postponed work.

Example: arrival includes bag storage and a paper tray. The child takes a suitable break before the agreed school task. On early-practice day, the adult schedules remaining work explicitly rather than leaving it to a rushed bedtime.

01 Map the real window

Use the times and support actually available.

Arrival time or window

Next departure or fixed commitment

Adult available for help

Child needs to consider

02 Teach the arrival handoff

Make belongings and papers easier to find.

Places for bag, shoes, and papers

Child's arrival steps

Adult's paper or message check

Time the adult will check

The After-School Window Planner / Review & follow-through

03 Write both sequences

Prepare an ordinary day and a crowded day.

Ordinary break-and-work sequence

Crowded-day essentials

When postponed work will happen

Adult who will support that work

04 Review the trial

Use the actual afternoon as evidence.

Steps that worked

Step or timing that caused friction

Child's concern to understand

One change for next week