SUPPORTING BURNOUT
(AT HOME)

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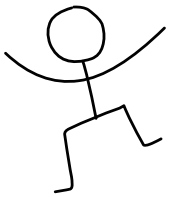
01. Build recovery time into everyday life.

After school, avoid jumping straight into homework or activities.

Instead, create space for activities that help your child recharge. For example, running around, reading a book, chilling out, or screens.

02. Reduce unneccessary demands.



Look at what truly matters and what can wait. If school is draining, skip extra activities or shorten playdates.

Energy is limited - help your child spend it where it counts.

03. Support authentic regulation.

Let your child stim, move, fidget, or retreat when needed. These are natural ways to reset, not behaviours to be stopped.

04. Keep communication concrete and gentle.

Give one instruction at a time. Offer choices instead of pressure. Predictability soothes and reduces mental load.

While this factsheet describes common patterns, neurodivergence is diverse and each individual's experience may differ. The information provided is intended to support understanding, not to pathologise natural variations in human experience.

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SUPPORTING BURNOUT
(AT SCHOOL)

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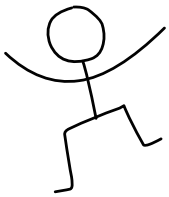
01. Create recharge spaces.

Provide short breaks routinely throughout the day. A few minutes of energy-matching activities can reset a tired brain.

For example, starjumps to regulate high energy, or a quiet space to soothe an overwhelmed system.

02. Reduce demands.



Support children with tasks that are more demanding than they look. For example, shifting attention, managing noise, waiting turns, changing activities.

If a student isn't coping, it is okay to scale back academic load to focus on emotional well-being.

03. Notice signs of overload early.

Watch for zoning out, irritability, or sudden outbursts - these are often early burnout signs, not misbehaviour.

04. Teacher-student connection is key!

A strong relationship between student and teacher is the foundation for safety, engagement and learning.

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