

**Blog 1**  
**May 13, 2025**

## **Why Old Behaviors Resurface at the End of the School Year (*and What to Do About It*)**

*“Wait, why is my kid biting again?”* Or melting down over nothing? Or falling apart in situations they’ve *already* learned to handle?

If you’re wondering, “Didn’t we already get past this?” You’re not alone—and no, you’re not doomed.

### ***The End of the School Year = A Big Transition***

Even if your child can’t tell time or count the days, they’re listening. They hear things like:

- “You’re going to have so much fun at summer camp!”
- “You’re going to have a new Morah next year!”
- “We’re going on a summer vacation!”
- “After the summer, you’re going to the *big kids’ school* for Kindergarten!”

Transitions—even exciting ones—can create stress. And kids who needed extra support during the year often need *more* support during times of change.

### **Regression Isn’t Failure—It’s a Signal**

If your child made amazing progress this year but is suddenly struggling again? That’s normal. It doesn’t mean the support didn’t work. It just means their system is under pressure again.

### **But What If Support Was Never Put in Place?**

Let’s talk about the “*wait and see*” approach. Here’s what we know:

Kids don’t usually grow out of challenging or concerning behaviors- they grow into new versions of them.

What doesn’t go away on its own?

- Chronic frustration
- Emotional reactivity
- Impulsivity

What we see as “misbehavior” is often a child hitting their limit.

### **When Skills Lag Behind, Behavior Breaks Down**

When the demands placed on your child outpace their current skills—especially in:

- Emotional regulation
- Frustration tolerance
- Critical thinking under stress

We see what Dr. Ross Greene calls “incompatibility episodes.” These are the outbursts, refusals, and shut-downs that pop up when expectations don’t match ability.

## **So What Can You *Actually* Do?**

### **1. Start Early.**

Preschool is a powerful window to close skill gaps—and avoid years of struggle.

### **2. Stay Connected.**

Already working with a provider? Don’t wait until a new issue shows up. Be proactive.

### **3. Get Moving. Not everything has to be therapy. Try:**

- More time in nature
- Swimming
- Martial arts
- Dance

These movement-based activities support brain-body development in powerful ways.

## **Coming This Summer to DJP:**

Reflex Integration Small Groups + 1:1 Sessions

This brain-body approach helps the nervous system complete early movement patterns that may still be lingering—and interfering with focus, transitions, or coordination.

Playful strategies. Serious Results. It’s just right for summer.

Want to learn more or reserve a spot? [Book a complimentary call](#) with Coach Franny.