

LightMap™ Report

Prepared for Sam

Period: May 25, 2026 – June 1, 2026

Generated June 1, 2026 · 11 moments logged

CONTEXT & STORIES

Longer narrative context the parent flagged as relevant during this period.

Field-trip day

Heads-up · May 26, 2026

Sam has a field trip to the aquarium Wednesday and is already worried about the bus and how loud the dolphin show will be. Wanting to give the teacher a heads-up and plan a quieter wind-down when he gets home — last field trip ended in a two-hour meltdown.

Episode details

Big event · May 28, 2026

Sam came off the school bus already on edge — he dropped his backpack at the door, refused snack, and went straight to his room. Within ten minutes he was crying about a math worksheet that wasn't due until Friday. The escalation was fast and physical: kicking the wall, throwing pillows, repeating "I can't, I can't, I can't."

It did not read as defiance — it felt like he held everything together at school and the tank emptied the moment he got home. He was not able to use any of the regulation tools we've practiced (breathing, cold water, the calm corner) until about 25 minutes in.

What eventually helped: I stopped trying to talk and just sat on the floor near him quietly. After about 15 minutes he crawled into my lap and asked for a weighted blanket and a snack. Once his blood sugar came up, the rest of the evening was calm.

Possible observations: after-school restraint collapse, very fast escalation once a small frustration lands, difficulty accessing learned regulation strategies during peak overwhelm, hunger as an intensifier, co-regulation through quiet proximity working better than verbal coaching.

Overall impression: nervous-system depletion after a full school day rather than a typical tantrum or willful behavior.

KEY PATTERN SUMMARY

55% of difficult moments happen between 3–6 pm, most often after school pickup. The most common triggers are **unexpected transitions** and **homework requests**. Intensity tends to be higher when **hungry / hasn't eaten** or **short on sleep** is a contributing factor.

TIME OF DAY

Morning 2

Afternoon 3

Evening 6

Evening is the hardest part of the day (55% of moments).

Average intensity: 3.8/5

MOST COMMON BEHAVIORS

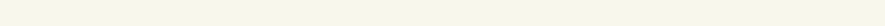
Meltdown		6
Refusal		5
Outburst		4
Anxiety spike		3
Sensory overload		3
Sharp words		2
Aggression		2
Crying spell		2
Stalling		2
Withdrawal		1
Self hatred ("I'm bad")		1
Sleep refusal		1

MOST COMMON TRIGGERS

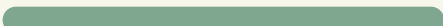
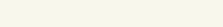
Homework request		4
Unexpected transition		3
After-school pickup		3
Bedtime routine		2
Loud sibling		2
Told no		2
Screen handoff		1
Tag on shirt		1
Plans changed		1
Group activity		1

Trigger themes

Themes that appeared in 2+ triggers or moment notes.

Transitions & routine changes		6
Demands & being told no		6
Sensory load (noise, texture)		3

CONTRIBUTING FACTORS

Hungry / hasn't eaten		4
Short on sleep		3
Big day at school		3
Sibling-heavy afternoon		2
Too much screen time		2
Schedule was unpredictable		2
Felt embarrassed		1

Coming off a busy weekend		1
New substitute teacher		1

Factor themes

Themes that appeared in 2+ factors or moment notes.

Hungry, thirsty, or fueling		4
Tired or under-slept		3
Demands & routine disruption		5
Felt unheard or out of control		2

VISUAL PATTERNS

WHAT'S HAPPENING MOST & WHEN

Date	Meltdown	Refusal	Outburst	Other	Total
May 25	1	0	0	1	2
May 26	1	1	1	2	5
May 27	0	1	0	1	2
May 28	2	1	1	3	7
May 29	1	0	1	2	4
May 30	0	1	0	1	2
May 31	1	1	1	1	4

Legend: Meltdown, Refusal, Outburst, Other

DAY-OF-WEEK PATTERNS (AVG PER DAY)

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Avg	2.0	1.5	2.5	3.0	1.0	0.5	1.5

WHAT HELPS

“Quiet co-regulation (sitting nearby, no talking)” helped most often (3×), followed by “snack + weighted blanket” (2×). No single strategy works every time.

Other approaches that helped: cold water on the face (1×), changing locations (1×), naming what he was feeling out loud for him (1×).

BRIGHT SPOTS

Regulation wins, new skills, and noticeable shifts.

Regulation win

Asked for the weighted blanket on his own instead of escalating after pickup. Said, “I think I’m about to be too much.” That self-awareness is new.

Wed, May 27

Regulation win

Made it through bedtime routine without a meltdown three nights in a row. We held the same 7:00 pm dinner / 8:00 pm bath / 8:30 pm books cadence all three days.

Sat, May 30

New skill

Used the “cold water on wrists” strategy unprompted in the car after school. He paused, asked me to pull into a parking lot for a minute, and reset.

Fri, May 29

PATTERN INSIGHTS

- Higher-intensity moments tend to happen on days he had less than 9 hours of sleep.
- When “hunger / low blood sugar” is in the mix, “snack + weighted blanket” often helps.
- Afternoons after a sub teacher or a schedule change land 2× harder than typical days.

After-school restraint collapse

Showed up in 8 moments — most recently yesterday. Often within 30 minutes of school pickup, with **hunger** in the mix, mostly afternoons, mostly mid-to-high intensity.

Observed in 8 moments

Transition resistance

Showed up in 6 moments — most recently 2 days ago. Often around **screen handoff** or **bedtime routine**, with **short on sleep** in the mix, mostly evenings.

Observed in 6 moments

AREAS WORTH EXPLORING

- emotional regulation after school
- sleep duration and consistency
- sensory load on busy school days

REPRESENTATIVE MOMENTS

Selected examples that illustrate the patterns above.

Thu, May 28 at 3:35 PM

Meltdown, Refusal, Anxiety spike, Crying spell

After-school pickup, Homework request · Hungry / hasn't eaten

Helped: Quiet co-regulation, snack + weighted blanket

Intensity: 5/5

Wed, May 27 at 7:50 PM

Sensory overload, Sharp words

Bedtime routine · Short on sleep, Big day at school

Helped: Cold water on the face

Intensity: 4/5

Sun, May 31 at 4:10 PM

Outburst, Aggression, Refusal

Plans changed, Told no · Sibling-heavy afternoon, Too much screen time

"He'd been on the tablet for two hours, I asked him to come to dinner, and within ten seconds he was screaming that we ruin everything. Threw the controller at the wall."

Intensity: 4/5

Tue, May 26 at 8:05 AM

Stalling, Withdrawal

Unexpected transition (snow day cancelled) · Schedule was unpredictable

Helped: Naming what he was feeling out loud for him

Intensity: 3/5

Thu, May 28 at 6:40 PM

Sleep refusal, Self hatred ("I'm bad")

Bedtime routine · Big day at school

Intensity: 3/5

COMPLETE LOG (11 ENTRIES)

Sun, May 31 4:10 PM

Outburst, Aggression, Refusal · Trigger: Plans changed, Told no · Factors: Sibling-heavy afternoon, Too much screen time

"He'd been on the tablet for two hours, I asked him to come to dinner, and within ten seconds he was screaming that we ruin everything. Threw the controller at the wall."

4/5

Sat, May 30 9:20 AM

Sharp words, Stalling · Trigger: Homework request · Factors: Short on sleep · Helped: Changing locations

3/5

Fri, May 29 3:45 PM

Crying spell, Anxiety spike · Trigger: After-school pickup · Factors: Big day at school · Helped: Quiet co-regulation

3/5

Thu, May 28 6:40 PM

Sleep refusal, Self hatred · Trigger: Bedtime routine · Factors: Big day at school

3/5

Thu, May 28 3:35 PM

Meltdown, Refusal, Anxiety spike, Crying spell · Trigger: After-school pickup, Homework request · Factors: Hungry / hasn't eaten · Helped: Quiet co-regulation, snack + weighted blanket

"Dropped backpack at the door, refused snack, cried about a worksheet that wasn't due until Friday. Couldn't access any regulation tools for the first 25 minutes."

5/5

Thu, May 28 7:55 AM

Stalling, Outburst · Trigger: Tag on shirt · Factors: Short on sleep

3/5

Wed, May 27 7:50 PM

Sensory overload, Sharp words · Trigger: Bedtime routine, Loud sibling · Factors: Big day at school · Helped: Cold water on the face

4/5

Tue, May 26 6:20 PM

Meltdown, Outburst · Trigger: Screen handoff, Told no · Factors: Hungry / hasn't eaten · Helped: Snack + weighted blanket

4/5

Tue, May 26 8:05 AM

Stalling, Withdrawal · Trigger: Unexpected transition (snow day cancelled) · Factors: Schedule was unpredictable · Helped: Naming what he was feeling out loud for him

3/5

Mon, May 25 5:15 PM

Refusal, Crying spell · Trigger: After-school pickup, Group activity · Factors: New substitute teacher, Coming off a busy weekend

"Stayed in the car for 20 minutes refusing to come inside. Wouldn't say why."

4/5

Mon, May 25 8:40 AM

Sensory overload · Trigger: Loud sibling · Factors: Felt embarrassed · Helped: Quiet co-regulation
3/5

Sample report — fictional child for illustration purposes. This report is not a medical or diagnostic service. It is designed to help families notice patterns and support conversations with qualified professionals. LightMap™ is a product of Birch & Light.