

For families navigating
ADHD & hyperactivity



The 3:30 Meltdown

Why your child explodes
after school - and what
you can do about it
starting tomorrow.

Michelle Walker | www.unjunkamerica.com

BEFORE YOU READ ANOTHER WORD

You don't have to figure this out *alone.*

There are many parents navigating the exact same thing you are. The meltdowns, the resistance, the exhaustion, the confusion.

The Clean Eating for Kids with ADHD & Hyperactivity community is where we figure it out **together.**



INSIDE THE FREE COMMUNITY YOU'LL FIND

- Weekly meal ideas and snack swaps for kids who struggle with focus, energy, and emotional regulation
- Real conversations with parents who are in it with you. No judgment, no perfection required
- Early access to program launches, live Q&As, and free training from Michelle
- A space where processed food isn't a moral failure, it's just a starting point

[JOIN CLEAN EATING FOR KIDS — IT'S FREE](#)

facebook.com/groups/cleaneatingforkidswithadhd

WHO I AM

Michelle Walker

Health Educator · Nutritionist · Teacher · Mom

I spent **eleven years as a kindergarten teacher** watching something I couldn't explain. Some children came in calm, focused, and ready. Others arrived already dysregulated and struggling before the day had even started. I noticed patterns, and I kept notes. I had suspicions, but I didn't yet have the science to back them up.



What I was watching, I now know, was *the food showing up in the classroom*. The breakfast that didn't happen. The cereal that spiked blood sugar at 7am and crashed it before 9. The lunch packed with dyes and additives that made the afternoon impossible. I was managing the downstream effects of decisions made hours earlier, and nobody was connecting those dots.

That realization changed everything for me. I left the classroom and spent years building the credentials to back up what I had observed. With a **Bachelor of Science in Biology**, and a **Bachelor of Education**, I became a certificated nutritionist, health coach, and neurochange practitioner. I'm currently completing my **Master's in Health Education and Behavior at the University of Florida** with a focus on childhood nutrition.

I'm also a mom. I've navigated picky eaters, a tight schedule, a real budget, and a child with neurodivergent tendencies. I've lived everything I teach – the good days and the really hard ones.

That's exactly why I created this, because you shouldn't have to figure it out alone.

The meltdown at 3:30 was decided at breakfast.

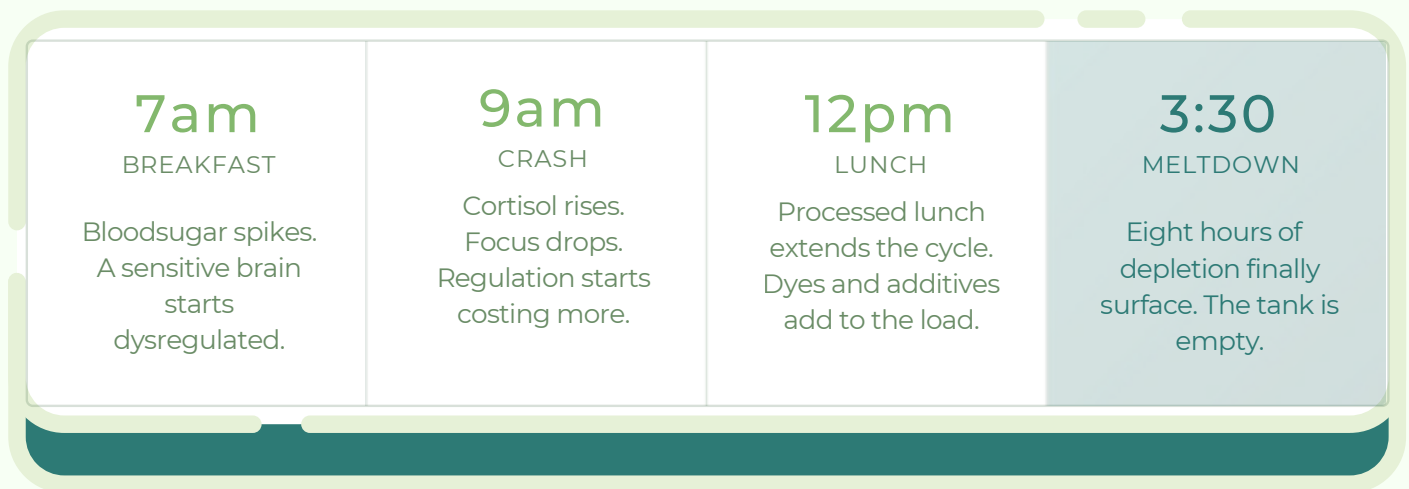
The explosion you're managing the moment your child walks in the door isn't about the transition, the homework, or the screen time. It's the delayed neurological consequence of what happened (or didn't happen) eight hours earlier.

Children who struggle with focus, behavior, and emotional regulation are significantly more sensitive to blood sugar fluctuations than other kids. When a child starts the day with a high-sugar, low-protein breakfast (or no breakfast at all), their blood glucose spikes sharply, then crashes well before lunch. That crash triggers cortisol release, depletes dopamine, and makes executive function and emotional regulation nearly impossible.



By the time your child has held it together through six hours of school, using every ounce of their regulatory capacity just to get through the day, they arrive home with nothing left.

The after-school explosion isn't poor behavior.
It's a depleted nervous system
finally reaching safety.



This is why telling your child to "calm down" doesn't work, and it's why every behavior strategy in the world has a ceiling if the neurological foundation isn't there first.

You cannot regulate a brain that isn't fuelled.

The good news: you have two leverage points that change this trajectory, and neither one requires a perfect diet, a complete overhaul, or a child who cooperates immediately. They just require understanding where the real problem starts, and making two specific shifts.

The changes that move the needle.



1

The Breakfast Anchor 7AM

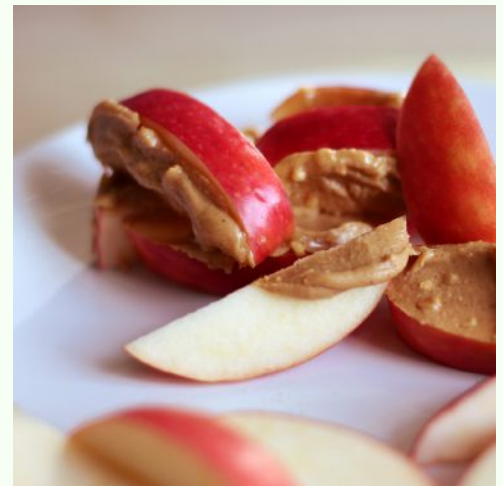
A child who struggles with focus and regulation needs protein and fat at breakfast to stabilize blood sugar and support dopamine production before school. This isn't about eating perfectly, it's about removing the spike-and-crash cycle before it starts. Even a partial shift makes a measurable difference in how the day unfolds.

→ Swap the cereal or toast for something that includes protein – eggs, a protein-rich smoothie, nut butter, Greek yogurt. Aim for at least 10–15g of protein before leaving for school.

2

The After-School Recovery Window 3:30PM

When your child arrives home, their nervous system needs two things: decompression time and blood sugar stabilization. A snack that combines protein and complex carbohydrate in the first 30 minutes after school helps cortisol drop, dopamine recover, and the brain shift from survival mode into a state where connection and cooperation are possible.



→ Have the snack ready before they walk in. No demands, no questions, no homework for the first 20–30 minutes. Let the nervous system land before anything is asked of it.

These two changes are great. But they're not the whole picture.

What these two changes alone won't solve:

- What's actually in the foods your child eats every day — and how to read labels so you can make confident choices at the grocery store
- The other food windows throughout the day — there are six critical moments, and breakfast and after-school are just two of them
- How artificial dyes and additives are adding neurological load on top of the blood sugar issue — and which ones to eliminate first
- How to get a picky eater or resistant child to actually accept the changes without turning every meal into a battle
- How to get the whole family on board — including a skeptical partner — without constant arguments about food
- How to build a full clean eating plan that works for your specific child, your budget, and your real life — not a perfect version of it

I know that feels like a lot.

That's exactly why I created a free community and a program designed to walk you through every single piece of it, one simple step at a time, in a way that works for your real family, your real budget, and your real life.

Here's where to start:

1

Join the free community

Connect with parents navigating the exact same thing. Weekly tips, ingredient spotlights, clean swaps, and real conversations.

2

Book a free Clean Eating Assessment

A free 30-minute call with Michelle to assess where your child's diet is adding the most neurological load, and map out a realistic plan to change it.

[BOOK YOUR CALL](#)