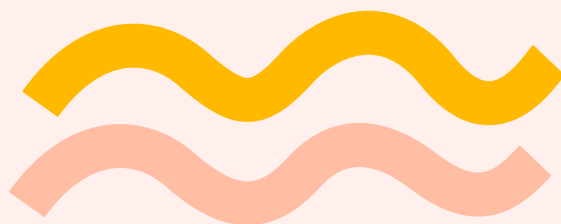




SCHOOL RELUCTANCE / REFUSAL

TIPS FOR SUPPORTING
YOU TO SUPPORT YOUR
CHILD

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COMMUNICATE OPENLY WITH YOUR CHILD TO UNDERSTAND THEIR CONCERNS

- Encourage your child to express their feelings about going to school.
- Ask open-ended questions to better understand their thoughts and emotions.
- Reassure your child that their feelings are valid and that you're there to support them.
- Avoid dismissing or belittling their concerns, even if they seem trivial to you.

TALK TO YOUR CHILD'S TEACHER OR SCHOOL COUNSELOR FOR INSIGHTS INTO ANY ISSUES AT SCHOOL

- Schedule a meeting with your child's teacher or counselor to discuss the situation.
- Share your concerns about your child's school refusal and ask for their observations.
- Work together to identify any specific triggers or underlying issues contributing to your child's reluctance to attend school.
- Collaborate on strategies to support your child both at home and in the school environment.

ESTABLISH A CONSISTENT MORNING ROUTINE TO HELP EASE YOUR CHILD'S ANXIETY ABOUT GOING TO SCHOOL

- Stay calm and grounded in your own routines and self-talk to model steadiness for your child.
- Be aware that children often mirror adult anxiety—your calm presence can help them feel safe.
- Use your own coping strategies, like breathing techniques or positive self-talk, to show your child how to manage stress.
- Talk to someone you trust about how you're coping to reduce your own emotional load.
- Seek professional support if your stress is impacting your ability to support your child effectively.

TEACH COPING STRATEGIES TO HELP SUPPORT YOUR CHILD

- Introduce relaxation techniques such as deep breathing, mindfulness, or visualisation to help your child calm their mind and body.
- Practice problem-solving skills with your child to help them approach challenging situations more effectively.
- Encourage healthy habits such as regular exercise, adequate sleep, and nutritious eating to support your child's overall well-being.
- Model positive coping strategies yourself and demonstrate how to handle stress and anxiety.

MANAGE YOUR OWN ANXIETY TO PROVIDE A CALM AND SUPPORTIVE ENVIRONMENT FOR YOUR CHILD

- Create a structured morning schedule with specific tasks and activities to help your child prepare for the day.
- Include enjoyable activities or rituals that your child looks forward to, such as a special breakfast or time for relaxation.
- Provide gentle reminders and encouragement to stay on track with the routine.
- Offer positive reinforcement and rewards for completing the morning routine and successfully attending school without resistance.
- Provide clear messages about school attendance.

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ENCOURAGE SOCIAL CONNECTIONS BY ARRANGING PLAYDATES OR EXTRACURRICULAR ACTIVITIES OUTSIDE OF SCHOOL

- Foster opportunities for your child to interact with peers in a relaxed and enjoyable setting.
- Organise playdates with classmates or neighbours to help your child build friendships and social skills.
- Explore extracurricular activities or hobbies that align with your child's interests and encourage social interaction.
- Support your child's participation in group activities or clubs where they can connect with like-minded peers and develop a sense of belonging.

BE PATIENT AND UNDERSTANDING, AS OVERCOMING SCHOOL REFUSAL MAY TAKE TIME

- Recognise that addressing school refusal is a gradual process that requires patience and persistence.
- Celebrate small victories and progress, such as attending school for part of the day or trying a new coping strategy.
- Maintain open communication with your child and adapt your approach based on their individual needs and progress.
- Take care of your own well-being as a parent, seeking support from others and practising self-care to stay resilient and supportive of your child.
- Seek support from a psychologist to support you in your support of your child

Parenting can be really tough. You don't have to do it alone.

Reach out for support to those who care
about you and your child

And if you need professional support, get in
touch with us

www.connectedcc.com.au

3/101 Verney Road West,
Graceville QLD

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