



SCHOOL RELUCTANCE / REFUSAL

TIPS FOR SUPPORTING
YOU TO SUPPORT YOUR
CHILD

ConnectEd
COUNSELLING AND CONSULTANCY



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.

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.

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

Connected
COUNSELLING AND CONSULTANCY