

School Refusal.....



A debilitating anxiety impacting on children and their school attendance levels

School Refusal Support Services

We are an organization raising awareness and supporting families with a School Refusal child. We recognise the need for support among families and also recognise the need to support professionals too.

This leaflet is a way of reaching out and letting you know who we are, the resources we have available and help & support we can give you in managing a child with School Refusal.

School Refusal is prevalent in children across all age groups and Countries. It is thought that children suffer these levels of anxiety due to underlying conditions such as those familiar to us on the Autistic Spectrum and children with learning issues too. Some children react to the school environment due to overwhelming sensory issues such as light, smells, sounds and more.

What can you do to help?

Speak to parents and help to cement a good relationship with them in order to help them help you. Refer families to us so we can support them too. Consider if the child requires an assessment from an Educational Psychologist within the Local authority. Are there any

For more information can be located at
www.schoolrefusal.online

SchoolRefusalContactMe@gmail.com



What does School Refusal look like?

Nausea

Separation

Self-Harm Anxiety

Distress

ming Depression

Self-Harming

Headaches

Low Self Esteem

Panic

Vomiting

Diarrhoea Attacks

Refusing to be Left

Stomach ache / pain

School Refusal children can “sometimes” settle once their mind is focused on an activity. This can give a false appearance that the child is ok and that their behaviour is ‘silliness’. This is not the case and for that reason we advise several **Dos & Donts** as follows:-

DONT use force - this is very damaging & makes things worse

DONT remove devices - this distracts them from their anxiety

DONT punish - this isn't bad behaviour

DO look at ways to reduce the anxiety

DO work with & listen to parents

DO contact us if we can help you with this process

