

“ How can the school help my child? ”

- Relationships between your child and the school are key to supporting them to attend.
- Schools will try to have regular and positive communication with you and your child to keep the relationship going.
- Schools will work with you to make a joint action plan with manageable targets to support your child to get back to school.
- This plan will include you as the parent/carer, teachers, and possibly other professionals.
- It is important your child sees that all the adults around them are on the same page.

“ How can I help my child? ”

- Speak to your child's school as soon as possible if you are worried about their attendance.
- Make time to listen to your child to understand their feelings about school and what might help them.
- Be aware that returning to school will be a gradual process.
- The website below has useful strategies for helping your child deal with anxiety.

Scan here for more information & support



Supporting your child to attend school

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“Will my child get a bad reputation at school if they don't attend?”

- Our understanding of why children don't attend school has improved.
- Schools now understand that there are many reasons why children struggle to get into school.
- Having an understanding of these reasons is essential for supporting them to return.
- You might hear schools talk about 'emotionally based school avoidance' (EBSA).
- Truancing is not usually caused by anxieties about school, while absence due to EBSA is.

“Why does my child struggle to attend school?”

Research has found 4 main reasons why children might avoid school:

1. To avoid situations that make them feel very anxious or low.
2. To get away from difficult social situations.
3. Because separating from a parent or carer makes them feel very anxious.
4. Because they get rewarding experiences at home

EBSA is a term we use to describe what is happening when a child has severe difficulty attending school because of emotional factors.

Although anxiety is a normal part of life, sometimes it can feel overwhelming. Anxiety is the cause of most EBSA.

“My child started off missing the odd lesson and now I can't get them to go to school at all.”

Why is this?

- Children can find themselves in a cycle of fear of school that they need help to break.
- Very high levels of anxiety can lead to avoiding places/situations that cause anxious feelings.
- The longer young people stay off school, the worse their anxiety about returning becomes, making it harder for them to go back.

