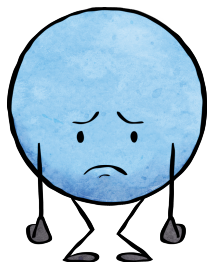


WHAT IS SCHOOL AVOIDANCE?



Students with school avoidance miss a lot of school, complaining of not feeling well. Many of these students have anxiety related symptoms such as headaches, stomachaches, nausea or dizziness.

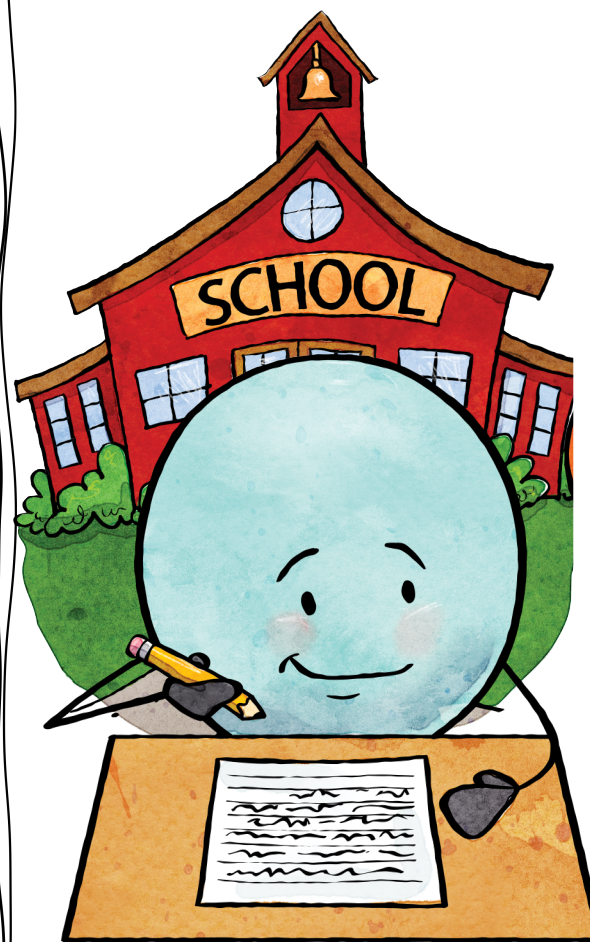
School refusal symptoms occur most often on school days, and are usually absent on weekends.



EDUCATION IS OUR
PASSPORT TO THE
FUTURE, FOR
TOMORROW
BELONGS TO THE
PEOPLE WHO
PREPARE FOR IT
TODAY.



Helping your Child
IMPROVE
SCHOOL
ATTENDANCE



WONDERING HOW TO HELP YOUR CHILD IMPROVE SCHOOL ATTENDANCE?

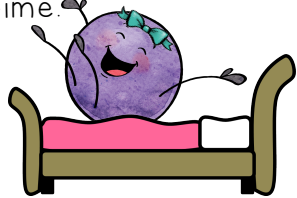
10 TIPS TO HELP ATTENDANCE MATTERS

Good attendance is a parent and student responsibility. Help your child understand why going to school every day matters. Reinforce that showing up to school consistently is an important life skill that will help them be successful in their future.

2 HAVE A NIGHT TIME ROUTINE

Having a night time routine makes for a much smoother morning. Here are some helpful ideas:

- *Clean out and organize backpack.
- *Complete any homework.
- *Lay out clothes/shoes the night before.
- *Pre-prep breakfast.
- *Make lunch at home the night before.
- *Go to bed on time.

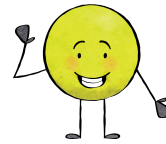


3 HAVE A MORNING ROUTINE

Help your child learn the value of a regular routine. Do your best to do the routine the same way every morning. Don't drag out the goodbye process...it makes leaving home even more difficult.

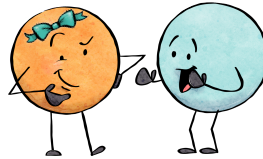
4 LEAD BY EXAMPLE

Be a good example and enforce rules. Speak highly of the school and support staff. Don't let your child take time off school for minor reasons. Don't let your child persuade you into making an excuse for them to miss school.



5 OPEN COMMUNICATION

If your child doesn't want to go to school, determine the reason(s) why. Have open communication with their teacher and other school staff in order to create a strong support system.

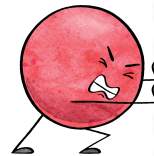


6 BE PREPARED FOR SETBACKS

Don't get discouraged with regression. Going back to school after a long weekend, holiday break, or illness can cause school avoidance to flare up again. Be prepared for this and remember consistency is the key.

7 DON'T GIVE UP

The best gift you can give your child is to not give up... even when you feel like it. There's no "quick fix" in overcoming school anxiety. The best lesson your child learns is they **CAN** do hard things and be successful.



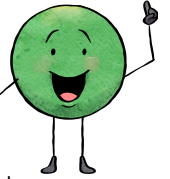
8 KEEP A SCHOOL CALENDAR

Keep a school calendar. Write down all important dates, holidays, events that will take place each month. This helps your child be aware of what is coming up and to help them be prepared in advance for commitments. It is also a convenient place to document absences.



9 TEACH PROBLEM SOLVING SKILLS

Learning to handle problems effectively is a valuable life skill. When problems arise, don't rush to solve your child's problem for them. Encourage them to come up with their own ideas of solutions to their problems.



10 TEACH CALMING STRATEGIES

Teaching your child calming strategies is a great way for them to take an active role in overcoming school avoidance.

Easy Deep Breathing Exercise:

Inhale through nose. Hold for five seconds. Exhale through mouth. Repeat three times.

