

Parent Support

TOP TIPS

Top Tips for supporting a child with Emotionally Based School avoidance

1. Be kind to yourself.
Know that you are doing the best you can and you are a good parent.
It's okay to take some time out and do something you enjoy.
2. Set aside clear time for learning using the usual school hours. This keeps the link and routine of school which will help a successful transition back to school
3. Create a plan together that can be shared with the school so you can all collectively agree the way forward to supporting your child back in to the school. It is crucial your child has a voice in what they think will work.
4. Sometimes it can be really hard to stay calm. Have some 'go to' calming phrases so that supports you in staying calm and relaxed. Agreeing these with your child can be helpful.
5. Follow the 'Slow, Low, Low' advise when communicating with your child.
Slow down, lower volume, lower tone