

School Refusal.....

A debilitating anxiety impacting on children and their school attendance levels



School Refusal Support Services

We are an organisation 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 special measures you can put in place such as, does the child work better in a room where there's limited pupils, where the room has different lighting, where attention is specific to the child's individual needs etc? It is worth attempting a process such as this to identify triggers and help the child feel less stressed. Share this process with the parents so they know you're working with their child.

More information can be located at www.schoolrefusal.co.uk

School Refusal Support Services



What does School Refusal look like ?

Nausea

Separation Anxiety

Running Away

Depression

Distress

Headaches

Isolation

Self-Harming

Sleep Issues

Distrust

Low Self Esteem

Diarrhoea

Panic Attacks

Vomitting

Refusing to be Left

Extreme Fear

Suicide/attempts

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



www.justgiving.com/crowdfunding/schoolrefusalsupportservices

School Refusal Support Services

SchoolRefusalContactMe@gmail.com

Www.Schoolrefusal.Co.Uk

The Law Protects