

## WHAT IS SCHOOL REFUSAL?

School refusal is when a child feels very upset about going to school and may stay home. This may not just be laziness, but they may be trying to highlight an underlying cause.

## CAUSES OF SCHOOL REFUSAL

- Problems at home or school
- Arguments with family or friends
- Starting a new school or changing schools
- Moving to a new home
- Being bullied or teased
- Trouble with a teacher
- Struggling with school work



## SIGNS OF SCHOOL REFUSAL

- Feeling very anxious or worried.
- Crying, having tantrums, yelling, or screaming.
- Hiding away or locking themselves in their room.
- Refusing to leave the house or go to school.
- Begging or pleading not to go.
- Saying they feel sick, sore, or tired before school (but feeling better when allowed to stay home).
- Having trouble sleeping.
- Talking about hurting themselves.



## WHAT YOU CAN DO AS A PARENT?

- ➡ Understand why your child is behaving this way. Talk to them about school and ask why they do not want to go. You can ask your child to rate the part of his day - the bus ride, classroom, teachers, peers, break times. Your child might find it simple to point to symbol like sad or smiley faces.
- ➡ Reflect if there is anything that is happening at home that might be causing it.
- ➡ Use a problem-solving approach to help them go to school again. Maybe you can ask them that if there is one thing they would like to change about school, what would it be?
- ➡ Assure your child that you will work together to help them go to school again.
- ➡ Talk to your child's classroom teacher or someone you can trust at school explaining what is going on with your child and identify strategies to manage it.
- ➡ Stay calm as your stress and worry can make them more anxious.
- ➡ Praise your child when they show brave behaviour.
- ➡ Make sure your home is boring during school hours, so that you do not accidentally reward your child for not going to school.
- ➡ Try if someone else can drop your child to school as children cope better with separation at home rather than at school gate.



**As you help your child resolve the issue, make sure they continue going to school to build confidence and resilience.**

**If your child feels sick, please consult with your GP.**

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