



# MY CHILD DOESN'T WANT TO GO TO SCHOOL.

## HOW DO I PROCEED?

*School refusal is a school attendance problem characterized by emotional distress. Here is a quick guide to help you navigate this tricky time.*

### **Swift action is the best course of action.**

It's best to address school refusal sooner rather than later. Interventions are more effective early on.

### **Teamwork is crucial for the success of interventions.**

The [research](#) explicitly spells out the importance of "multiple stakeholders (parents, teachers, school practitioners) in interventions for school refusal." Before accusing the school of anything, remember that the goal is always to **work as a team** in the best interest of your child. If you don't feel like you have a good relationship with the school, do your best to repair it. All you need is one adult in that school who feels like an ally. Know that there are likely many more adults behind the scenes in your corner and rooting for your child.

### **Assume educators have your child's best interest in mind.**

It's safe to assume educators have your child's best interest in mind. We want to ensure your child feels safe and content at school.

### **Schools take bullying very seriously.**

Every single educator is required to complete a bullying training every single school year. Work as a team with the educators at school to determine if it is in fact bullying or something else. It's possible for children to deal with very difficult social situations that aren't bullying. It's tough to witness,

especially when it's your child. Whether it's officially bullying or not, you can rest assured that the school will want to resolve the situation for your child because we prioritize their success and wellbeing.

## **Schools have a lot of effective resources to help you and your child resolve this issue.**

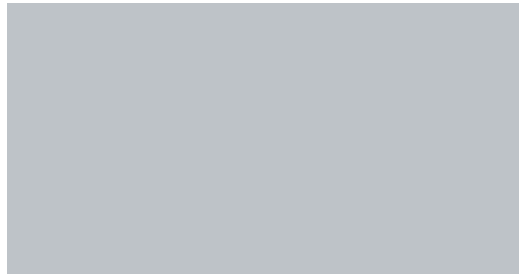
Schools have seen this avoidance behavior before and know how to help! School counselors are an invaluable resource for you and your child in a situation like this, as well as social workers and therapists. If you advocate for your child respectfully, there are many helpful interventions.

### **Resources for your family:**

[2022 Study on School Refusal in Youth](#)

[School Avoidance Alliance](#)

Podcast Episode on School Avoidance:



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