

Parent Talk

AUGUST 2023

Tackling Back-to-School Refusal

Most kids experience some level of back-to-school worries. Whether that's fear over meeting a new teacher and classmates or uncertainty around a new subject being taught, most children experience this within the first few weeks back. It's when these fears transform into large anxieties that cause kids to refuse to go to school that it becomes a clinical issue. Read on for some helpful ways you can tackle school refusal when it strikes!

Emphasize The Positive

If your child is refusing to go to school, it's important to paint a positive picture for them. Try highlighting aspects of going to school they might enjoy such as seeing their friends, recess, after school clubs and games, or even a favorite teacher or subject.



Use Behavioral Therapy

Because school refusal can quickly become a clinical issue, it's good to contact a behavioral therapist for guidance if you're struggling to help your child. There's no shame or blame in it! It's a difficult condition that therapists are trained to help with. School refusal can be treated with Cognitive Behavioral Therapy which involves teaching kids to modify and challenge negative thoughts and fears.



Engage In Parent-Teacher Interventions

Having the extra support in the classroom can do wonders for school refusal. When teachers are more informed, they can help ease fears and anxieties and make school a positive experience for their students. Setting up routine meetings with teachers and school counselors can help ensure caregivers are given the proper recommendations to support their kids. It's a team effort!



Use Positive Reinforcement More Effectively

It can be tempting to just give in to your child's worries and let them stay at home. However, in the long run, that just prolongs the bigger issue and makes things worse. If your child refuses to go to school, decrease positive reinforcement. Staying home shouldn't be a party! Limit access to TV, video games, phones, and toys and make sure you're able to still have your child do their homework even if they don't go into school.




Need more help?

Resources at The Baker Center are just a click away



Therapy & Treatment Services

CENTER FOR EFFECTIVE THERAPY →




Special Education

MANVILLE SCHOOL →



Therapeutic Summer Camp

CAMP BAKER →



College Preparation

NEXT STEP →

Featured Resources



Back To School Challenges: Learning About School Refusal

Join us on August 31 at 11AM for the first in our monthly webinar series! For this presentation, we tackle the issue of back-to-school refusal and how caregivers can help their kids overcome anxiety over returning to class. There is no cost to attend.

[LEARN MORE](#)



Understanding School Refusal

Does your child often find excuses to not attend school? Do they leave before the day ends or spend lots of time in the nurse's office? This could be a sign they are struggling with school refusal.

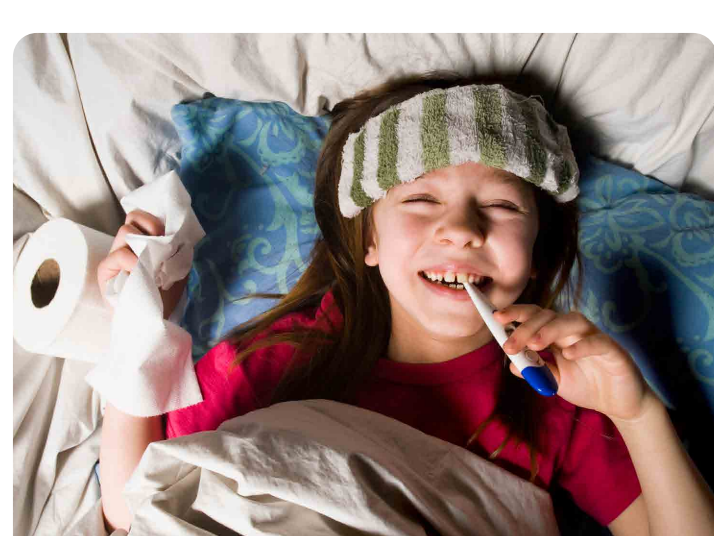
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Treating School Refusal

Now that we know what school refusal is, how do parents, teachers, and clinicians go about treating it and making sure kids are feeling comfortable and worry-free at school?

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School Refusal: Reasons & Red Flags Every Parent Should Know

As a caregiver, you've likely heard of a child who comes down with the "24-hour bug" the day of a big test. Read our guide on how to spot red flags that could point to an issue with school refusal.

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