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!

Engage In Parent-Teacher Interventions

Understanding the importance of this role is crucial. Make sure to work closely with your child’s teacher on a regular basis. This includes discussing potential solutions and ways to work together on your child’s challenge. Make sure that your child’s teacher feels supported in these efforts.

Emphasize The Positive

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.

Use Behavioral Therapy

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 important to have an open and positive dialogue with your child’s teachers.

Use Positive Reinforcement More Effectively

It can be tempting to 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

MANVILLE SCHOOL

Therapeutic Summer Camp

CAMP BAKER

College Preparation

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Featured Resources

Back To School Challenges: Learning About 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. Learn more about school refusal and how to help your child overcome it.

Understanding School Refusal

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School Refusal: Reasons & Red Flags Every Parent Should Know

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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.

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