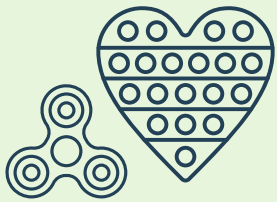




Strategies to Support with **School Avoidance**



Have a morning routine with a visual schedule that guides your child through the steps of getting dressed, having breakfast, and packing their bag. Having one big step of “get to school” is much more intimidating than smaller steps broken up.



Build coping skills into your child’s before and after school routine. Maybe you work with them to make a sensory box full of items that are comforting or soothing, or schedule fifteen minutes of quiet time before the busy day ahead.



Encourage your child to spend time relaxing after school. If they struggle to take a break from their anxiety, it may be helpful to build this relaxation into their routine as part of their schedule. Keeping a visual “menu” of things they can do to relax can be helpful as well!



Recognize their achievements, even if they might seem small. Getting out of bed at the right time, completing their homework, and turning in an assignment are all opportunities to express how impressed you are with your child.



Encourage daily reflection by asking your child to share “Highs and Lows” about their day. This will give the child an opportunity to share the best and worst parts of their day with you. Join in with your own opportunity to share your day with your child so it becomes an anticipated and treasured shared practice.