



# Does your child find transition to and from school difficult?

## EBSA: Emotionally Based School Avoidance

Many children display anxiety about coming to school. Low attendance can increase this, as the child is then worried about returning after a break, missed lessons, or friendship worries. Here is some advice to support your child. Please talk to us about how we can ensure your child maintains a good attendance record.

### Worry Time

Allow your child an allocated amount of time to express their worries each day. Outside this time, they can make a note and pop it in a box to share during this time.



### Transition Object

A small, pocket sized object (not a toy) that reminds them of home can help your child say goodbye.



### Communication

- Remain calm and consistent.
- Stick to the routine.
- Reduce the number of words spoken or use a non-verbal method to communicate (e.g. point to the picture).
- Acknowledge your child's worry/emotion.
- Avoid saying "there is nothing to worry about".
- Avoid getting into a negotiation with your child.



### Special Time

Plan for an activity to do with your child at the end of the school day. A puzzle, colouring, trip to the park, special walk home.

### Visual Timetable

Create a visual timetable of your morning routine. Doing it with your child gives them ownership of this. Post it notes work very well.

Here is a visual timetable to support your child know the day's routine.

