

# 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.



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



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



**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.



**Communication**

- ❖ Remain calm and consistent.
- ❖ Stick to the routine.
- ❖ Reduce the number of words spoken or use a non verbal method to communicate (eg 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.

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

 Home	 Morning lessons 1	 Break	 Morning lessons 2	 Lunch	 Afternoon	 Home
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