

OPENING HOURS

Monday, Tuesday & Friday in Toowoomba

Wednesday & Thursday in Pittsworth

After hours appointments available

Tips for Parents

School Refusal

Is it difficult to get the kids organised in the morning? Is your child refusing to go to school? School refusal (a clinical term which actually describes what's going on very well) is a very common experience for many parents particularly for parents with children in the prep/primary school years.

So why do kids behave this way? He or she may be:

- Trying to avoid the anxiety associated with separation from a parent or significant other (particularly common in pre-school children).
- Lacking confidence or the skills to handle unfamiliar or difficult situations.
- Trying to avoid unpleasant situations at school (e.g., bullying, embarrassment, academic or sporting event).

So, what can parents (and teachers) do? You can:

- Help your child face their fears in a gradual manner. Do it in small steps and create a reward system (e.g. time in the park with Mum after school, or that long dreamed of fishing trip with Dad).
- Be positive; expect your child to succeed.
- Help your child to face fearful situations. Encouraging your child will decrease their anxiety and reinforce their belief that they will be able to do it.
- Teach and encourage positive self-talk e.g. "I can do it", "I can try".
- Help your child to make friends with the confident and popular kids.
- Model coping behaviours to your child. Everyone gets scared sometimes, its OK it's how we handle it that counts,
- Be patient, give your child consistent support for as long as it takes. Change is a slow process.