



SUPPORTING YOUR CHILD WHEN ATTENDING SCHOOL IS DIFFICULT

We want to help and using the following guidance and links to support your child to attend school.



We are
here to listen,
support and
help.

USEFUL SUPPORT AND RESOURCES



Devon Information, Advice and Support (DIAS)

Independent information and advice for parents of children with SEND.

devon.iass@devon.gov.uk



SENDIASS

Advice, support and guidance for children and young people with SEND and their families.

www.devon.gov.uk/sendias



Early Help

Support for families experiencing difficulties with attendance, emotional wellbeing, parenting or family circumstances.

www.devonscp.org.uk/early-help



Family Hubs

Access local services, advice and support for children, young people and families.

www.devonscp.org.uk/our-services/devon-family-hubs



USEFUL WEBSITES

- National Autistic Society – www.autism.org.uk
- Devon Information Advice and Support (DIAS) – www.devon.gov.uk/educationandfamilies/send-local-offer
- Devon SEND Local Offer – www.devon.gov.uk/send
- Devon Family Hubs – www.devonscp.org.uk/our-services/devon-family-hubs
- Devon Safeguarding Children Partnership – www.devonscp.org.uk



NHS MENTAL HEALTH SUPPORT TEAM

The Mental Health Support Team (MHST) provides early help for mild to moderate mental health difficulties for children and young people aged 5–18 in Devon. Support includes practical strategies, guidance and short-term interventions.

www.childrenandfamilyhealthdevon.nhs.uk/our-pathways/mental-health-support-team/

STRATEGIES YOU COULD TRY AT HOME



TALK ABOUT WORRIES

Ask open questions such as: "How are you feeling?", "What are the three things worrying you most?", "What are the three best things about school?"



USE DIFFERENT WAYS TO COMMUNICATE

Some children find it easier to draw their feelings, use visual scales, write worries down or send a text or email rather than talk face-to-face.



KEEP A WORRY OR ATTENDANCE DIARY

Record difficult mornings, physical symptoms, attendance patterns and things that helped. This can help identify triggers and support planning with school.



REWARD SMALL STEPS

Celebrate progress such as putting on uniform, getting into the car, attending registration, staying for one lesson or completing a full day. Focus on effort rather than perfection.



MAINTAIN PREDICTABLE ROUTINES

Consistent bedtimes, regular wake-up times, structured evenings, visual timetables and clear expectations can reduce anxiety and increase feelings of safety.



FOCUS ON STRENGTHS AND POSITIVES

Help your child identify favourite subjects, trusted adults, friends, clubs and activities, and future aspirations. Encourage them to think about what they enjoy at school.



WORK IN PARTNERSHIP WITH SCHOOL

Contact school early if concerns arise. Consistent messages between home and school help children feel secure and supported. Plans are most successful when families and schools work together.



SUPPORT EMOTIONAL REGULATION

Try exercise and movement, breathing exercises, calm spaces, grounding activities, stress thermometers and traffic light emotion scales. These strategies can help children manage anxiety and feel more in control.

WHO CAN I CONTACT AT SCHOOL?



FORM TUTOR

Your first point of contact for day-to-day support.



HEAD OF YEAR

Pastoral support for you and your child.



SEND TEAM

Support for students with additional needs.



PASTORAL LEADER

Emotional wellbeing and pastoral guidance.



SAFEGUARDING TEAM

Support and advice to keep your child safe.



If you are worried about your child, please speak to us as soon as possible.



KIND

Listen, reassure and celebrate progress.



INCLUSIVE

Work together with your child and school.



COMPREHENSIVE

Provide practical, emotional and educational support.

Working together to support every child to feel safe, confident and successful in school.

