



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.



WHAT CAN I GET HELP WITH?



Devon information advice
and support

devon.ias@devon.gov.uk



Southern Devon Educational
Psychology Services (EDP)

edps@sdevon.gov.uk



Devon safeguarding
children partnership

www.devonscp.org.uk/



Public health nursing hubs
Tel: 01832 2341

[www.devon.gov.uk/educationandfamilies/
health/publichealth-nursing/](http://www.devon.gov.uk/educationandfamilies/health/publichealth-nursing/)

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.



STRATEGIES YOU COULD TRY AT HOME



Encourage them to communicate

Help your child talk about what is worrying them. Using visual supports may help. Ask your child to rate events or places at school on a scale from 'not scary' to 'very scary'. This may help you to see when and where the problems occur and help build your child's resilience.



Share information with school

If you have an understanding of the reasons behind their reluctance, share it with school staff.



Create a 'worry book'

Encourage your child to record their anxiety during the school day. If appropriate, read the book together as part of their evening routine. You can then help them deal with any worries by suggesting how to cope with them in the future.



Identify strategies to regulate, reduce and monitor emotions and reduce stress, for example

- Exercise and physical activity
- Visual stress scales such as a stress thermometer
- Traffic light emotion systems
- Calm spaces and relaxation techniques



Reward and praise any progress

Celebrate small steps like completing something they find difficult, putting on their school uniform, walking past school or attending part of the day.



Provide structure at home by using visual supports

Visual timetables, predictable routines and clear expectations can help children feel more secure and prepared.



Try to help them develop their social skills

Support opportunities to build friendships and social skills through clubs, hobbies and positive peer interactions.



Help your child to understand the benefits of education

Help your child see how school supports learning and achievement, friendships and belonging, future opportunities, independence and confidence.



KIND

- Listen without judgement
- Celebrate small successes
- Create a worry book



INCLUSIVE

- Work closely with school
- Use visual supports
- Build social confidence



COMPREHENSIVE

- Establish routines
- Support emotional regulation
- Focus on long-term educational success

