



SCHOOL REFUSAL



School refusal describes the disorder of a child who refuses to go to school on a regular basis or has problems staying in school. This evaluation will reveal the reasons behind the school refusal and can help determine what kind of treatment will be best. Your child's pediatrician should be able to recommend a mental health professional in your area who works with children.

*"The most important thing a parent can do is obtain a comprehensive evaluation from a mental health professional." **

WHAT PARENTS CAN DO:

Expose children to school in small degrees, increasing exposure slowly over time. Eventually this will help them realize there is nothing to fear and that nothing bad will happen.



Try self-help methods with your child. In addition to a therapist's recommendations, a good self-help book will provide relaxation techniques. Be open to new ideas so that your child is, too.



Talk with your child about feelings and fears, which helps reduce them.

Meet with the school counselor for extra support and direction.



Arrange an informal meeting with your child's teacher away from the classroom.

Encourage hobbies and interests. Fun is relaxation, and hobbies are good distractions that help build self-confidence.



Emphasize the positive aspects of going to school: being with friends, learning a favorite subject, and playing at recess.

Help your child establish a support system. A variety of people should be in your child's life—other children as well as family members or teachers who are willing to talk with your child should the occasion arise.



Learn about your child's anxiety disorder and treatment options. Find out more about children's anxiety disorders
Visit: www.adaa.org



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA

*former ADAA board member, Daniel Pine, MD. - National Institute of Mental Health