

School Avoidance: Understanding Your Child

Research and experience teaches us that children and teens avoid school for many reasons. Your child answered a questionnaire and ranked these reasons in the following way:

To avoid negative feelings

- Your child may not know how to solve a problem at school.
- Children can be upset about school work, tests, friends, gym, and expectations.

❖ Therapy will help your child's independence and self-confidence.

To avoid social problems

- Your child may feel judged by self and others.
- Children may feel confused about their ability to make or keep friends.

❖ Therapy will help your child's social abilities and self-esteem.

To bring attention to a problem

- Your child may be asking for help through behaviors that cause attention.
- Children may be upset about family, school, or friend problems.
- Children may be expressing concern about their family's future.
- Children may be trying to keep their family healthy, happy, and together.

❖ Therapy will help your family deal with problems that are upsetting your child.

To enjoy time away from responsibility

- Your child may experience more rewards by staying home.
- Children may want to stay home to sleep, use electronic devices, eat snacks, or dress differently.
- Children may believe that adults will excuse assignments & responsibilities for absent students.

❖ Therapy will help your family organize expectations for your child.

