



SUPPORTING YOUR CHILD'S SCHOOL ATTENDANCE: NAVIGATING CHALLENGES WITH CARE

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INTRODUCTION

- Welcome
- Introductions
- Who is Pleo

SHARED EXPERIENCES

How many of us have experienced challenges with your child's school attendance?

- The struggle to get them out of the car to the school door.
- Receiving texts from our child pleading to go home during school hours.
- Taking time off work or being late because our child wouldn't get ready for school.
- Having to leave work early to pick them up when they can't make it through the day.

As parents and caregivers, we understand the struggles of school attendance.

- It's not just about getting them to school; it affects the whole family dynamic.
- These challenges can be overwhelming. You're not alone!

SCHOOL AVOIDANCE



- Importance of school attendance
 - Academic success
 - Social development
 - Establishing routine
 - Building responsibility
- Repeatedly missing school
- Recognizing signs and symptoms
- Impact could lead to academic/social/emotional consequences and family disruption

UNDERSTANDING POTENTIAL CAUSES



- Emotional distress – anxiety, depression, fears or phobias, schoolwork, teachers, etc.
- Social distress
- Trauma
- Academic difficulties, perfectionism
- Avoiding the responsibilities that school brings
- Covid pandemic

CONFRONTING THE ISSUES



Talk to your child and listen



Work with the school to understand



Seek professional help when needed.



Engage with your family doctor to rule out any physical issues

MAINTAIN A HEALTHY RELATIONSHIP

- Being flexible when necessary.
- Understand that some days will be harder than others.
- Create a supportive home environment
 - Prioritize quality time together outside of school
- Show empathy and support during difficult times.
 - Stop nagging
 - Be compassionate but firm
 - Build trust and foster open communication



Remember that your relationship with your child is more important than any attendance record.

EFFECTIVE STRATEGIES FOR PARENTS



- Don't make home more desirable than school (ipad, movies, gaming, napping)
- Establish a routine/set boundaries
 - Set regular bedtimes and wake-up times.
 - Create a morning routine that works for your family.
 - Establish the same school structure at home
- Open and honest dialogue with your child.
- Listening to their concerns without judgment.
- Collaborate on solutions together; make a plan
- Engage with the school

BUILDING A SUPPORT SYSTEM



- Develop a collaborative approach with teachers, counselors, and other professionals
 - IEP
 - Accommodations and modifications
- Seek community resources and support groups
 - professional help
 - Peer support groups
- Utilize family and friends for assistance and understanding.

ADDRESSING PARENTAL CONCERNS AND COPING STRATEGIES

- Coping with guilt and frustrations
- Radical Acceptance
- Self-care
- Pleo parent support groups



Do's	Don't s
Create structure and set boundaries	Don't make home comfortable
Allow your child to do the work	Don't do the work for them
Let the process happen; provide guidance and support	Don't use fear tactics
Remain determined to get your child back to school	Don't create panic
Allow them to fumble, it's OK	Don't render them helpless
Be curious, not furious	Don't be furious, be curious
Manage your own anxiety; take a deep breath	
Practice self-care	





THANK YOU