

When Your Child Hates School, How to Deal with It?

For some children, school can be extremely difficult to deal with

- High levels of distress and a reluctance to go to school is known as school refusal.



Signs of school refusal

Tantrum, yell, or scream

Cry

Hide or lock themselves in their room

Refuse to move

Plead not to go

Threaten to hurt themselves

Show high levels of anxiety

Complain of aches, pains and illness before school

Trouble sleeping



Determining why your child is having difficulty getting to school

- Discuss school with your child and the reasons they don't want to go
- Ask your child to rate each aspect of the school day
- Consider whether there is anything going on at home that is making it difficult for your child to leave

When you're discussing this with your child

- Demonstrate your belief in your child's ability to attend school by using positive and encouraging language



Looking for solutions for your children

- Talk with your child's teachers, GP and school counsellor
- Consider exploring options like a reduced timetable
- Address any learning or mental health needs
- If you are concerned about your child's risk, take them to the nearest Emergency Department or call the NSW Mental Health Line on 1800 011 51



Resources

- [Headspace.org.au](https://www.headspace.org.au)- Understanding School Refusal
- ReachOut- Parents, Young People and Schools
- KidsHelpline- Parents, Children, Young People and Schools
- Beyond Blue
- Raising Children Network
- Victorian Parents Council Podcast- A team approach to deal with school refusal by Dr Glenn Melvin
- ParentLine NSW 1300 1300 52
- Smiling Minds app