

Use support from other families. Arrange to walk or travel to school with one of your children's friends who you know does not struggle to come in. They might act as a role model for your child or simply act as a motivator for your child in joining them on their journey to school.

Have a clear morning routine. Ensure that the morning routine stays the same, even if your child isn't going to school. Get them to wake up at the same time and eat breakfast. Where possible, make the mornings feel normal.

Provide praise and rewards. If your child doesn't want to go to school, you can work on motivation by using a reward system. Use positive praise and reward with your child, making sure you notice any efforts they are making. You should also stress the inherent positives about a day at school such as seeing friends and learning new things.

Set limits and hold your child accountable. Is going to school the only time your child resists your instructions or is this a regular situation? You may need to reassert firm limits and create a culture of accountability at home. Avoid arguments, calmly enforce any consequences and offer to help them learn to solve the problem of getting to school on time.

Discuss your concerns with the school. If the suggestions above have not been successful and concerns are ongoing, please contact your child's class teacher. They are likely to talk to your child about any worries they are having in school and support your child in resolving them. They might introduce rewards and consider other strategies such as giving your child a responsibility at the start of the day to provide further motivation.



Find out more:

Young Minds:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/>

Empowering Parents:

<https://www.empoweringparents.com/article/my-child-refuses-to-go-to-school/>

PaWS' attendance policy and procedures:

<https://pevenseyschool.org.uk/parents/attendance>

<https://pevenseyschool.org.uk/statutory-info/policies/>