

It can be a worrying time for you as a parent when your child is having difficulty attending school. Often the situation can be extremely challenging and overwhelming and can leave you feeling like you don't know what to do.

This program aims to support parents and carers of children and young people who have anxiety around attending school. These difficulties are often referred to as Emotionally Based School Avoidance (EBSA).

### **This program aims to help you:**

- learn about what is contributing to your child's difficulties attending school.
- understand the key role anxiety plays in school avoidance.
- learn how to work positively with your child's school
- learn strategies which can support your child to return to school
- explore the importance of self-care when supporting a child or young person experiencing EBSA
- find out about Wakefield's Maximising Attendance and EBSA guidance and local services for further support.

### **Program outline:**

- Workshop 1 – Understanding EBSA – Part 1
- Workshop 2 – Understanding EBSA – Part 2 and Working with your child's school
- Workshop 3 – Supporting your child – Part 1
- Workshop 4 – Supporting your child – Part 2
- Workshop 5 – Looking after yourself



### **Register your interest**

If you feel that this program would be helpful to you, you can register your interest by contacting Rebecca Kershaw – [rkershaw@wakefield.gov.uk](mailto:rkershaw@wakefield.gov.uk).