



School refusal, anxiety and attendance: Clear messages about attendance for parents

It is important that you are clear that your child must go to school. The question is not if they are going to school but when they will be going.

Adopt a caring, but firm approach.

✓ USE clear messages about attendance

For example:

“It’s time to get up and get ready for school.”

“I cannot allow you to remain at home today.”

“I know this is hard but it has to happen. You have to go school.”

“Be dressed in five minutes and you can have extra time on the iPad after school.”

“We will be leaving in five minutes.”

“Today after school, you can choose a movie to watch tonight.”

× AVOID vague messages about attendance

For example:

“Are you going to school today?”

“Don’t worry. There’s nothing to be scared of. It will all be OK.”

“Why are you doing this?”

“You’re upsetting the whole family by doing this.”

“I don’t know what to do if you won’t go to school.”

“If you can’t get there today, it’s only going to be harder tomorrow.”