

Advice for Parents

5 TIPS FOR FAMILIES

Be kind to yourself – know you are doing the best you can and it's okay to take some time away from worries. Have time to do something you enjoy and recharge your batteries.

At the most difficult points, we know it takes every ounce of strength to stay calm, so it can be helpful to have some 'go to' **calming phrases**. You can make some up with your child at times when you are relaxed together.



Do try to communicate calmly, even if you don't feel calm. Good advice to follow is "SLOW, LOW, LOW" (slow down, lower volume, lower tone).

Setting aside clear time for learning, within usual school hours, will keep the **links with learning**, making it easier for them when they are in school.



Creating a plan together, that everyone agrees to, can help your child to be at school. Our 5 Tips Series has ideas to include in your plan.



Emotionally Based School Avoidance (EBSA)