

# Have you noticed that your child...?

## 5 TIPS FOR FAMILIES

Is being overwhelmed by their emotions and this is making it very difficult to attend school?



Has a lot of tummy aches, headaches or other signs that might indicate anxiety?



Has experienced upsetting or difficult life events, for example a loss or a change that is making it harder for them to go to school?



Has sometimes found it difficult to attend, has a lot of time off, or is not going to school at all?

Is attending school but is really struggling: maybe they are finding it hard to separate from you or have worries that they can't put their finger on?



### You are not alone...

To find support for you and your child, contact:

- School SENDCo / Family Support Liaison
- Emotional Wellbeing Hub 0345 600 2090

The rest of our 5 Tips for Families EBSA series has more things you can try straight away.

Noticing the signs of Emotionally Based School Avoidance (EBSA)