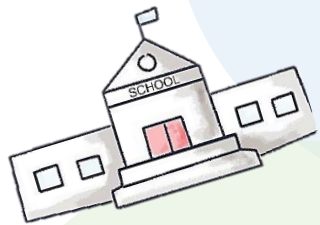


Have you noticed that your child...?

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
- [Just One Service \(Lowestoft/Waveney\)](#)
- [Emotional Wellbeing Hub \(East & West\)](#)

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)