



School Refusal: Include Others in Your Approach

- Parent/Other caregivers
- Child
- School
- Medical doctor
- Mental health providers (therapy and medication management)
- Take action quickly
- Reduce unintended rewards (video games, TV)
- Strive to be on same page with other parent and caregiver
- Manage your worries
- Your anxiety impacts your child's anxiety
- Develop your own relaxation strategies
- Discuss your worries and return to school plan with child's therapist
- Use your support system
- Consider your own support or therapy

