# Supporting Emotionally Based School Avoidance (EBSA)

## Easy Read for Parents/Carers

## Swansea Educational Psychology Service



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## What is Emotional Based School Avoidance?



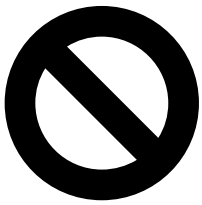
Emotional Based School Avoidance is sometimes called EBSA.



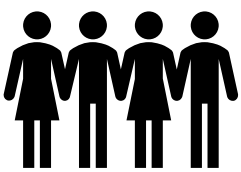
EBSA is when a child feels worried about going to school.



Sometimes these worries are so big that the child stops going to school.



This is not their choice or their fault.



There are lots of people who can help you and your child with this.

## What can EBSA look like?



For children EBSA can look like:

- Having tantrums or ‘meltdowns’ before school.



- Saying that they do not like school.



- Feeling ill before or at school.



- Not being able to sleep on school nights.



- Finding it hard to go back to school after weekends or the holidays.



For teenagers EBSA can look like:

- Missing days here and there.



- Skipping the same lessons.



- Feeling like they need lots of help at school.



- Asking to go home because they feel ill.

## Understanding your child's worries



Your child feels worried about going to school.



Not going to school makes them feel better for a little bit.



But staying away from school can make their worries grow.



So it gets even harder for them to go to school.

## How can you help your child?

| | |
|---|---|
| **Look after yourself** | • There are lots of people who can help you and your child with this. You are not alone. |
| **Talk together** | • Give your child time to talk about their feelings.<br>• Your child might want to share how they feel over text or with a drawing.<br>• Let your child know that their feelings are okay. |
| **Talk with your child's school** | • Let your child's teacher know how they are feeling.<br>• Share any ideas you have about how school can help your child.<br>• Your child's teachers can then make a plan with you to help. |
| **Stick to the same routine** | • If your child is at home, limit gaming and watching TV from 9am – 3pm.<br>• Ask your child's school for things that they can do at home.<br>• Try to plan fun activities for after school and weekends.<br>• There are lots of other ideas about routines here: www.youtube.com/watch?v=Z8JmRgjCics |