

Is your Child or Young Person Struggling to Attend School?

Emotionally Based School Avoidance (EBSA)

EBSA is when children or young people experience significant difficulty attending school due to emotional factors, which can result in prolonged absences

Does this sound familiar?

- Your child worries about going to school
- Mornings are increasingly challenging
- You're noticing rising anxiety linked to school
- You're concerned things might get harder over time

You are not alone
- and support is available!

Fears and Worries Parent/Carer Programme

This programme is designed to support parents and carers to help children manage worries and anxiety, which can impact school attendance.

It is an early intervention programme, supporting families where:

- Anxiety or worries are beginning to develop
- There may be emerging signs of EBSA
- Children are still attending school but finding it difficult



What is involved?

The programme is based on the book: *Helping Your Child with Fears and Worries*



You will:

- ✓ Be guided through key ideas from the book
- ✓ Learn practical strategies based on Cognitive Behavioural Therapy (CBT)
- ✓ Set small, achievable goals to support your child
- ✓ Receive ongoing support throughout the programme

Creswell, C and Willets, L (2019)

What does the Programme Offer?



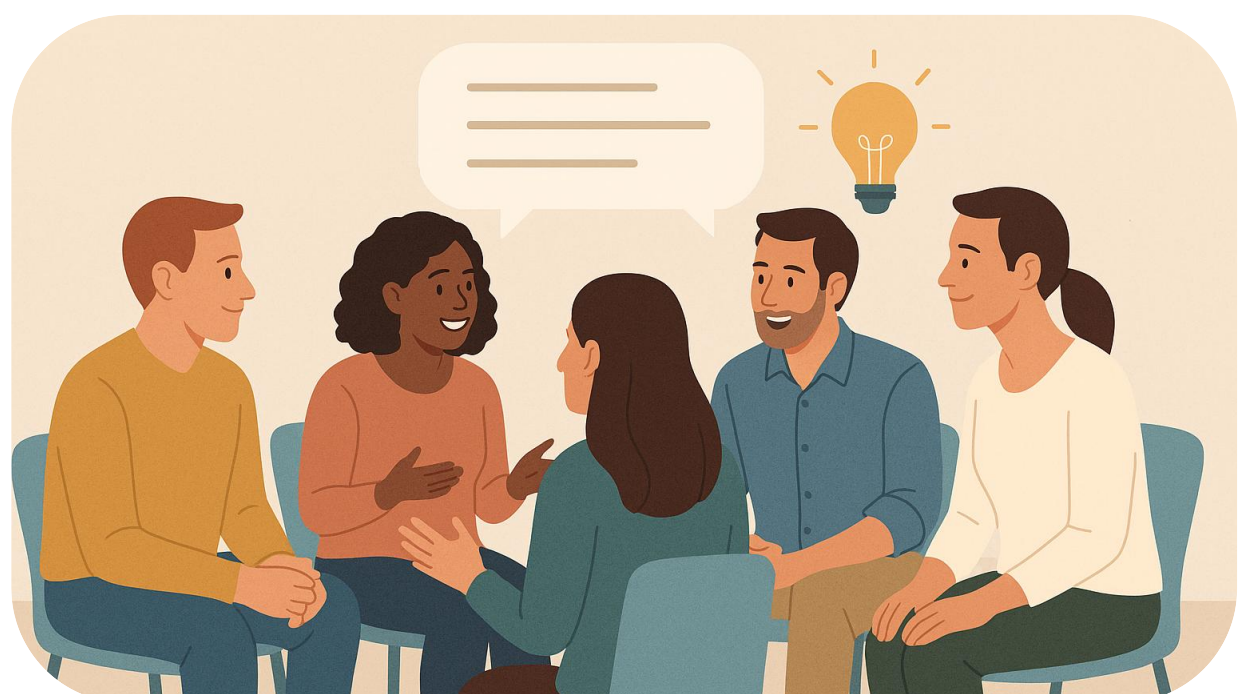
Practical strategies to support your child's anxiety at home



Increased confidence in helping your child manage worries



A supportive space to connect with other parents and carers



We can help!

Why focus on Parents and Carers?

We know that **you** are the expert in your child.

You know your child best

You support them every day

You are the best person to help them through their worries

Research shows that parent-led approaches are just as effective, or more effective, than therapist-led support



What is CBT?

Cognitive Behavioural Therapy (CBT) helps us understand how:



Thoughts

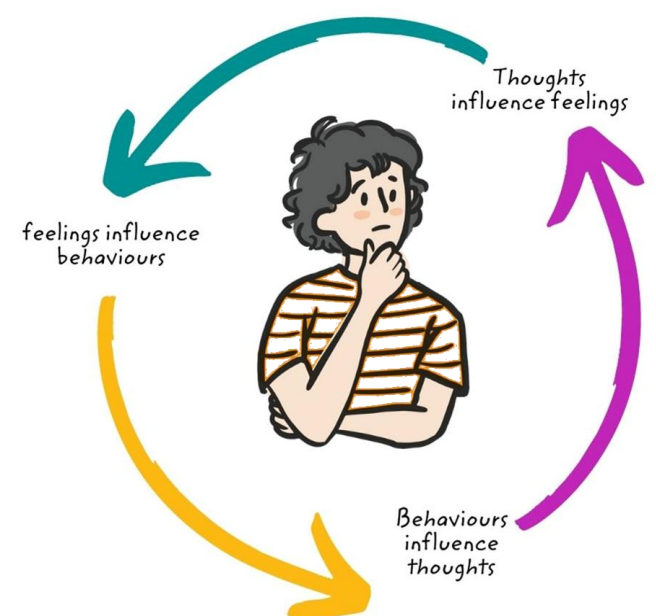


Feelings



Behaviours

are linked — and how changing small things can make a big difference.



Frequently Asked Questions

FAQ

“I don’t like talking about my child’s difficulties”

- There will be others in the group who feel the same
- The group is a safe, supportive, non-judgemental space
- You can share as much or as little as you feel comfortable

“I don’t like speaking in groups”

- Many people feel like this at first - you can take your time
- You are not expected to speak until you feel ready
- You can nominate someone else to talk for you

“I don’t have time to read the book”

- An audiobook version is available
- Take your time - you don’t need to read everything at once
- We will guide you through the key parts

“I don’t know anything about CBT”

- You don’t need to!
- The programme will introduce everything you need in a simple, practical way

Programme Format

-  5 face-to-face group sessions
-  Each session lasts 2 hours each
-  Sessions take place fortnightly
-  Follow-up phone call
-  Coaching

Interested or want to know more?

Please speak to your child’s special educational needs and/or disabilities coordinator (SENCO) at your child’s education setting