



IS MY CHILD MASKING AT SCHOOL?

When school say “they’re fine here” but home tells a different story

When school say...

- “They’re coping well in class.”
- “We don’t see any concerns.”
- “They’re settled and managing.”
- “They’re a pleasure to teach.”

Yet at home, a very different picture emerges.

Your child may come home emotionally exhausted, overwhelmed, irritable, withdrawn, anxious or unable to cope with even small demands. They may melt down over tiny things, need hours to recover, struggle to sleep, or seem completely different to the child school describes.

For many neurodivergent children, this difference between school and home can be linked to masking.

Masking happens when a child works hard to hide their difficulties, suppress natural responses or carefully copy expected behaviours in order to fit into the school environment.

Pause and Reflect

Both school and parents can be telling the truth.

School may genuinely see a child who appears calm, compliant and academically capable.

Parents may genuinely see a child who is overwhelmed, distressed and emotionally depleted.

These experiences are not contradictory, they are often connected.



Gentle Signs To Notice

You might notice:

- your child crashes after school
- weekends feel calmer than weekdays
- anxiety increases Sunday evenings
- school holidays bring emotional relief
- your child says things like:
 - “I try really hard all day.”
 - “School makes my brain tired.”
 - “I can’t do it anymore.”
- behaviour changes build gradually across the week



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Supporting children through understanding, connection and curiosity.

