



# WHEN SCHOOL STOPS FEELING SAFE

## A gentle guide for parents beginning to explore neurodivergence

### There is often a moment...

Sometimes sudden, sometimes gradual — when a parent realises that school no longer feels manageable for their child. It may look like school refusal, emotional outbursts, shutdowns, stomach aches, masking, exhaustion after school, increasing anxiety or emotional overwhelm.

Sometimes adults around the child describe the behaviour as avoidance, defiance or low resilience.

But many parents instinctively feel something deeper is happening.

### Possible Signs Your Child May Be Struggling

- Extreme exhaustion after school
- Anxiety around attendance
- Meltdowns or shutdowns at home
- Sensory overwhelm
- Sleep difficulties
- Perfectionism or fear of failure

### Pause and Reflect

#### Questions to Reflect On



- When does my child feel most emotionally safe?
- What happens before difficult moments?
- Is my child coping — or masking?

#### What Their Behaviour May be Communicating



- I feel overwhelmed
- I am exhausted from masking
- I do not feel emotionally safe
- I am struggling to meet expectations

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