



WHEN YOUR CHILD CAN'T GO TO SCHOOL

Understanding EBSA with compassion, curiosity and connection

Sometimes school attendance becomes more than a difficult morning.

What begins as anxiety, tummy aches, emotional overwhelm or exhaustion can gradually grow into a child feeling unable to attend school at all.

For many families, this can feel frightening, isolating and deeply misunderstood.

Parents are often told:

- “They just need firmer boundaries.”
- “You must get them in.”
- “They are avoiding school.”
- “Attendance has to come first.”

But children rarely stop coping with school without reason.

Emotionally Based School Avoidance (EBSA) is increasingly understood within UK research.

What EBSA Can Look Like

EBSA does not always look the same in every child.



Parents may notice:

- panic before school
- emotional meltdowns or shutdowns
- physical symptoms such as headaches or stomach aches
- increasing anxiety on Sunday evenings
- exhaustion after school
- difficulty sleeping
- refusal that escalates despite consequences or encouragement
- distress that appears disproportionate to the situation

Some children desperately want to attend school but feel unable to cope once demands, sensory input, social pressures and emotional strain build beyond their capacity. This is not usually about laziness, manipulation or poor parenting. Often, it is a sign that a child's nervous system is overwhelmed.

A Gentle Reminder

Children do not need to reach crisis point before they deserve understanding.

Behind most school avoidance is not a child who does not care.

It is usually a child who is struggling more than they can explain.

VISIT OUR SPACE



www.brightpath-send.co.uk



brightpathsend@gmail.com

Supporting children through understanding, connection and curiosity.

