

Emotionally Based School Avoidance: Parent Workshop 1



November 5th 2024



Today's Aim.....

1. EBSA – exploring the national picture
2. Ideas for future workshops



The National Picture.....

<https://www.youtube.com/watch?v=Z7bp-eSLSqk>





Take away thoughts.....



You are not alone - 140, 000 children = 140,000 sets of parents.

Early signs of EBSA occurring in Primary School can lead to greater problems in Secondary School.



Parents are under even greater pressure.

Be kind to yourself – any fix will take time to resolve.

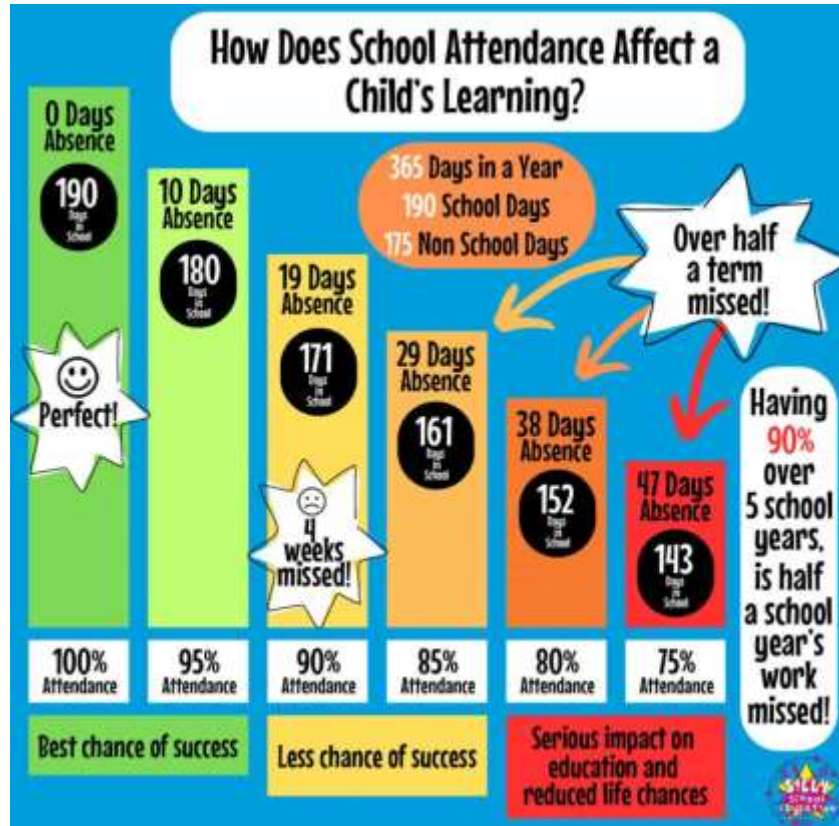


WORK WITH THE SCHOOL





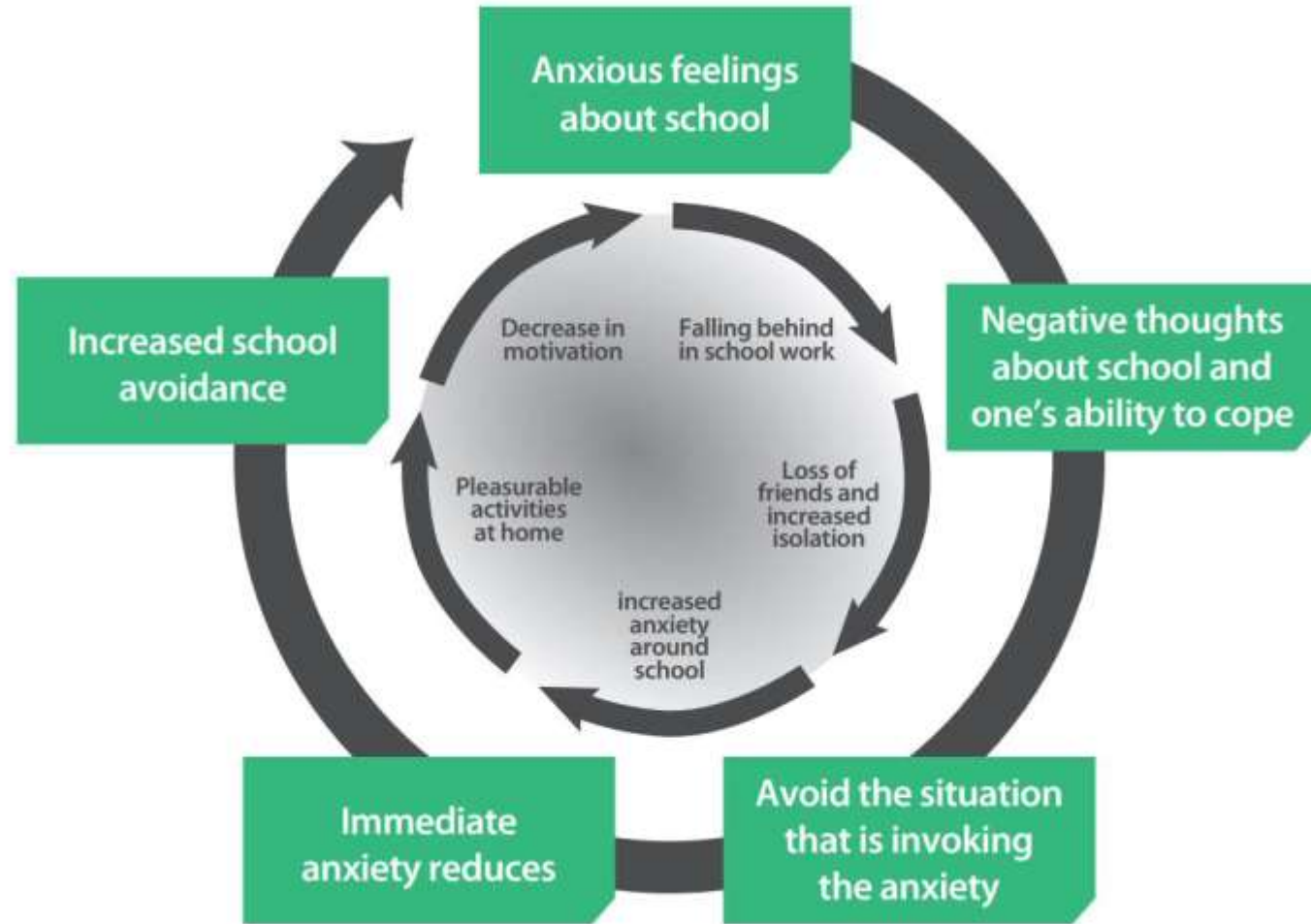
Issues Arising from EBSA.....



- Work pressures
- Financial pressures
- Relationship tensions
- Impact on siblings



Anxiety Cycle.....



The model above shows how EBSA becomes a vicious cycle that is hard to break.



Our Primary Goal?.....



Parents and the school, work together to break the anxiety cycle.



And the long-term aim?.....

- To gain a better understanding of childhood anxiety
- To gain a better understanding of EBSA
- To share ideas and give support to each other
- To give opportunities to explore individual challenges
- **A problem shared personal wellbeing (Oxygen mask)**



What's Next?.....



