

## Further Assistance



Sometimes, all of these things do not work and you may need additional assistance from professionals who can help anxious

children. Discuss your concerns with teachers, the school social worker, or school administrators to resolve any school-based issues. If your child requires additional support, the school's social worker or school counselor may assist with anxiety support for your child or provide you with a referral to a community agency. You may also address your concerns regarding your child's anxiety with your doctor who can refer you to a mental health professional. They help children overcome their anxiety by using methods such as relaxing, improving self-esteem, improving confidence, and changing the way they think about difficult situations.

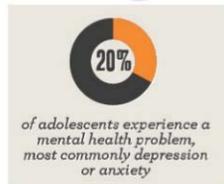
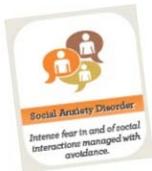
### Useful Websites/Contacts

<http://www.ucanchicago.org/>

<http://www.allendale4kids.org/>

<http://nicasa.org/>

<http://www.cyngrayslake.org/>



## Anxiety and "School Refusal"

"Affecting 2-5% of children ... Who have average or above-average intelligence ...."

towerofpower.com.au/images/infographic/anxiety-disorder.jpg  
adaa.org/living-with-anxiety/children/school-refusal

## Local School Anxiety Program

### Alexian Brothers Behavioral Health Hospital\*\*\*

1650 Moon Lake Boulevard

Hoffman Estates, IL 60169

Intake: 800-432-5005

General: 847-882-1600

Fax: 847-755-8060

Email: [BehavioralHealthHospital@alexian.net](mailto:BehavioralHealthHospital@alexian.net)

### Compass Health\*\*\*

60 Revere Drive, Suite 100

Northbrook, IL 60062

Phone: 224-306-1879

Fax: 847-755-8060

### Streamwood Behavioral Healthcare System\*\*\*

1400 East Irving Park Road

Streamwood, IL 60107

Phone: 630-837-9000

\*\*\* This is not an endorsement of their services. If you choose to seek services from either of these organizations, you must use your own private insurance and abide by their payment policies. You would also need to check with your insurance company to ensure that they will make payments to either of these organizations.



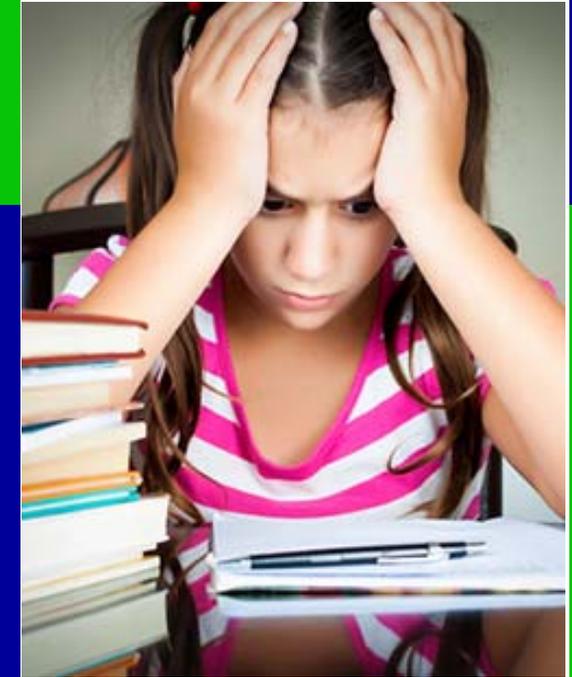
This pamphlet was duplicated from information presented by the Department of Education and Early Childhood Development in Victoria, Australia (<http://www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance.aspx>). Each school district has its own policies. For more information on Attendance Policies in your school district, please contact the school your child attends.

This pamphlet is being distributed by the Attendance & Truancy Division (ATD) of the Lake County Regional Office of Education. ATD is a program that serves Lake County, and is funded by the Illinois State Board of Education's Truant's Alternative & Optional Education Program (TAOEP). For more information, call (847) 223-3400, x223 or go to our website [www.lake.k12.il.us](http://www.lake.k12.il.us).

### School Contact Information:

Parent's Guide

## School Anxiety



### Attendance & Truancy Division

**Monika Schwander-Lottermoser, Director**

19525 W. Washington Street

Grayslake, Illinois 60030

Phone: 847.223.3400

Fax: 847.223.3415

Web site: [lake.k12.il.us](http://lake.k12.il.us)

# Anxiety about Going to School



Every individual will feel anxious when faced with a difficult situation and will cope with anxiety in different ways. During difficult times, you can help your child effectively cope with anxiety and enhance their resilience.

Anxiety becomes a problem when it is persistent and prevents your child from enjoying normal life experiences.

## How can I tell if my child has anxiety?

Signs of anxiety in children may include:

- ◇ Excessive worries and a strong need for reassurance
- ◇ Psychosomatic symptoms which occur before school (e.g. feeling nauseous, shortness of breath or headaches)
  - ◇ When the threat (fear of going to school) is taken away, the symptoms will reduce
- ◇ Crying, being clingy, or fidgeting when nervous
- ◇ Sleep problems such as difficulty falling asleep, nightmares, and trouble sleeping alone
- ◇ Fear and avoidance of a range of issues and situations

## Why are some children anxious about going to school?

Anxiety may affect children at any age, and its causes may be different for young children than for teenagers:

- ◇ Separation anxiety
- ◇ Being bullied
- ◇ Learning difficulties
- ◇ Not having friends, not fitting in, friendship conflicts
- ◇ Feeling lost at school
- ◇ Fear of getting in trouble
- ◇ Not getting along with a teacher
- ◇ New situations, such as the first day in a new class or a new school
- ◇ Failure – worry that their schoolwork will be too hard, they won't be able to keep up, or they won't know the correct answer when called on in class

- ◇ Fear of losing a parent, they may think something bad will happen to a parent due to:
  - ◇ Illness
  - ◇ Family problems and fighting
  - ◇ Parents separating
  - ◇ Knowing another child who has lost a parent or whose family has broken up
- ◇ Completing demands on time, such as extracurricular activities



## What you can do

### At home

- ◇ Act early—it is important not to dismiss your child's anxiety, but to help them see that the situations they are worried about may not be as bad as they think.
- ◇ Listen to your child, and encourage them to tell you about their feelings and fears.
- ◇ Avoid telling your child to 'get over it'. Your child may perceive this as you not understanding or not caring about their concerns.
- ◇ Discuss various scenarios, possible outcomes, and ways to handle the situation. This will help put things in perspective. Show your child how you cope positively when feeling anxious or stressed. Remain calm and positive when they are feeling anxious so that you can help them feel more confident.
- ◇ Avoid taking over or giving your child the impression you will fight their battles for them. Children with anxiety are usually very happy for someone else to do things for them; however, this can teach them that someone else will rescue them so they don't need to learn how to cope.

- ◇ If your child is anxious about failure, remind your child that everyone makes mistakes and that you can learn from mistakes. Praise their best efforts.
- ◇ If your child delays getting ready for school in order to be late, encourage them to still go to school and reassure them that you will contact the school to explain why they are late.



### At school

- ◇ If your child has problems walking through the school front gate or getting on the bus, arrange for them to meet a friend before school so they can go to school together. Alternatively, check if there is another entrance to the school that your child feels more comfortable using.
- ◇ Talk with school staff to find out what assistance the school can provide.
- ◇ Should your child find socializing before school a source of anxiety, arrange for them to arrive just before the bell.
- ◇ Be involved in your child's school. Support your child with homework and study, modelling skills for becoming more independent.



**LakeCounty**

Regional Office of Education  
Attendance & Truancy Division  
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Grayslake, IL 60030

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