

School Avoidance & Refusal

Avoidance is a temporary attempt to escape or distract from a task.

Refusal is an intense and involuntary physical and mental reaction to a task.

Parents and caregivers have been reporting a lot of difficulty with children's compliance with distance learning. We want you to know that you are not alone.

Avoidance or refusal does not mean that you (the parent/caregiver) are doing something wrong. Avoidance or refusal may be due to difficulty with attention/concentration, lack of understanding, or anxiety.

This week's "Tuesday Tips" describes the difference and some help with what you can do about it.

Avoidance Tips

- Give time to transition to the task
- Use a timer for start and end of task
- Offer assistance with the task
- Take frequent breaks
- Focus on the expectation, not the avoidance



Refusal Tips

"Every student can learn, just not on the same day, or in the same way."

-George Evans

- Make the work shorter and easier
- Parent and child take turns with reading sentences, completing math problems, etc
- Reduce the frequency of "school days"
- Accommodate anxiety—if your child has more difficulty in the morning then start school in the afternoon.
- Use "I statements" to talk to your child—"I want to help you", "I see you are upset"
- Talk to the teacher about the refusal

Upcoming Events

Date/Time	Topic	Link
Tue 5/19 @ 7pm	Let's Talk About Time Out with Dr. Thomeer	https://global.gotomeeting.com/join/797721877
Thurs 5/21 @ 8:30am	School is Closed: Talking to Your Kids	https://zoom.us/meeting/register/tJctdCurT8jE9RNK1yjg4CGt4A9ox5Wwn6N
Fri 5/22 @ 5pm	Family Fun Hour: Pictionary	https://zoom.us/meeting/register/tJAsd-mhqzkjE9dh8yRNqWJCsgSkctEm2mQo
Tue 5/26 @ 7pm	Early Childhood & Behavior	https://zoom.us/meeting/register/tJwvfuihpzpjHtYcfiOKk3zX0C841OUKZzhKr



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