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.

School Avoidance & Refusal

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

- 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

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

-George Evans

Refusal Tips

- 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”
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Upcoming Events

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Topic</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue 5/19 @ 7pm</td>
<td>Let’s Talk About Time Out with Dr. Thomeer</td>
<td><a href="https://global.gotomeeting.com/join/797721877">https://global.gotomeeting.com/join/797721877</a></td>
</tr>
<tr>
<td>Thurs 5/21 @ 8:30am</td>
<td>School is Closed: Talking to Your Kids</td>
<td><a href="https://zoom.us/meeting/register/tJctdCurT8jE9RiK1yg4CGH4A8oxt5Wwn6N">https://zoom.us/meeting/register/tJctdCurT8jE9RiK1yg4CGH4A8oxt5Wwn6N</a></td>
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<tr>
<td>Fri 5/22 @ 5pm</td>
<td>Family Fun Hour: Pictionary</td>
<td><a href="https://zoom.us/meeting/register/tJwvfullpzojHtYcifOKk3zX0CB41OUKZhKr">https://zoom.us/meeting/register/tJwvfullpzojHtYcifOKk3zX0CB41OUKZhKr</a></td>
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<tr>
<td>Tue 5/26 @ 7pm</td>
<td>Early Childhood &amp; Behavior</td>
<td><a href="https://zoom.us/meeting/register/tJwvfullpzojHtYcifOKk3zX0CB41OUKZhKr">https://zoom.us/meeting/register/tJwvfullpzojHtYcifOKk3zX0CB41OUKZhKr</a></td>
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716-332-4170  info@parentnetworkwny.org  www.parentnetworkwny.org

@ParentNetwork  @PNWNY

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