



School Refusal: Create a Morning Plan and Help Your Child Meet Expectations

- Create a morning schedule
- Plan for distress or anxiety
- Include coping strategies
- Prepare night before (clothes, backpack)
- No screen time (for most children)
- Use transitional object (locket, item to keep in pocket or backpack, special note)
- Decide where child will go on arrival
- Consider incentives for:
 - Waking up on time
 - Sticking to morning routine
 - Using coping strategies
 - Successfully getting to school and staying agreed amount of time
- Include your child in choosing incentives
 - Play game with mom
 - Special outing with dad
 - Pick family movie
 - Extra book at bedtime, screen time, or earning desired object

