



Getting Your Child to Say "Yes" to School: A Guide for Parents of Youth with School Refusal Behavior

Christopher Kearney

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Many parents find getting their child to school in the morning to be quite a challenge. If your child consistently pleads with you to let him stay home from school, if he skips school, if his morning routine is fraught with misbehaviors, or if he exhibits signs of distress and anxiety related to attending school, this book can help.

Getting Children to Say Yes to School: A Guide for Parents is designed to help you address your child's school refusal behavior in the early stages. This guide helps you identify school refusal behavior and provides step-by-step instructions to solve the problem. Learn different techniques for getting your child to school, including enhancing relaxation, changing your child's negative thoughts about school, establishing a clear and predictable morning routine, and setting up a system of rewards for going to school.

Tools such as worksheets, lists of Dos and Don'ts, sample parent/child dialogues, and Fridge Notes combine to create a workbook-type resource that will help you increase your child's school attendance and relieve your own feelings of concern and worry. Easy to read and filled with concrete strategies, this book is the first of its kind dedicated to educating and arming parents with the tools they need to resolve their child's school refusal behavior.

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