



Emotional literacy helps us to express our feelings and thoughts, and understand why we may feel a particular way. Recognising the signs in our body can help us to navigate our 'big emotions' and respond in a calm and appropriate manner. Recognising the emotions in others enables us to feel empathy and show understanding and help us to create meaningful relationships

## Emotional Literacy Support

Working together to  
support you & your  
child

Welcome to your  
5th edition of ELSA  
ParentMail

Here you will be able to access  
useful information, guides,  
websites & apps. Each newsletter  
will focus on a specific area  
around your child's social and  
emotional needs

# EBSA

## EMOTIONALLY-BASED SCHOOL AVOIDANCE

What is EBSA?

A pattern of absence where reluctance, or refusal, to attend or stay in an educational setting is rooted in anxiety or fear. This may be the result of an interplay between personal, family, school or wider environmental issues. It is not a diagnosis, but a special educational need



## SIGNS OF EBSA

Crying & pleading  
Defensive aggression  
Fearfulness  
Anxiety  
Outbursts  
Expression of negative feelings  
Complaints of anxiety  
Refusal to get ready  
Worry around school related issues  
Sleep problems  
Psychosomatic illness  
(headache/tummy ache)

# Tips for families when speaking to their child with EBSA

## TAKE A MINUTE

Take a moment for co-regulation. This will help you both feel calm and put you in a better place to find answers to any questions



## TIME TO TALK

Setting aside time to check in and talk about feelings can reduce worries building up



## FACTS NOT FICTION

Being open and honest will reduce your child needing to fill in the gaps with their own assumptions and catastrophising



## BE CURIOUS

Its okay to explore deeper to develop understanding. This can help you find ways to problem solve together



## VALIDATE

Aim to accept your child's questions, feelings or thoughts. Validate how they feel, to show that you have heard them.



# STRATEGIES TO TRY AT HOME



## Routine

Having a routine for getting up, getting dressed, having breakfast and leaving the house can create a sense of security and reduce stress for you too.



## Physical Health

Being active and eating a nutritious diet will help your child to have more energy and feel more in control. Therefore they will be able to manage those bigger feelings, when they arise



## ANXIETY

Think together about how your child can manage their anxiety. Your child may like to take something from home for comfort.



## Mindfulness

Practicing mindfulness with your child will help them to feel calmer, find focus, accept kindness and let go of worry



## Relaxation

Having time to unwind and relax after school can be important. This could be spending time with friends or family, listening to music or going for a walk together.



## Talking

Talk to your child about who they feel are their safe people and where their safe places are at school. Discuss potential triggers.

## FURTHER SUPPORT & ADVICE

Keep in contact with your child's school. Keeping the lines of communication open will create a clearer understanding of your child's needs.

01

[www.supportservicesforeducation.co.uk](http://www.supportservicesforeducation.co.uk)

02

[www.hants.gov.uk](http://www.hants.gov.uk) (search EBSA)

03

[brighterfuturesforchildren.org](http://brighterfuturesforchildren.org) (PDF download)

04

[www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize) (search EBSA)

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