

EBSA Parent and Carer workshop

EBSA: Emotionally Based School Avoidance

‘My child has anxious thoughts and feelings which are leading to school avoidance. What can parents and carers do to support a return to school?’

Parent and carer workshop with Educational Psychologists

The workshop will be available to join on the following dates. Please be aware that this workshop is repeated over the three dates and you will only need to attend one date. All workshops will be delivered via Microsoft Teams, an invite will be sent to your email address.

- **Tues 6th December 11:00 – 12:15**
- **Sat 25th February 13:15 – 14:30**
- **Tues 9th May 13:15 – 14:30**

To book your place email us on SENDsupport@milton-keynes.gov.uk stating that you would like to attend the EBSA Parent and carer workshop.

This workshop aims to support parents and carers of school-age children and young people whose experience of anxious thoughts and feelings is leading to school avoidance. These difficulties are often referred to as Emotionally Based School Avoidance (EBSA).

Objectives of the course:

This workshop will focus on supporting parents and carers of children and young people of school-age living in Milton Keynes:

- learn more about what can contribute to a child or young person experiencing high levels of worry and anxiety about attending school and how this can lead to school avoidance
- learn about strategies which can support a return to school
- learn about current Milton Keynes Council guidance and local services for further support
- explore the importance of self-care when supporting a child or young person experiencing EBSA