

# Supporting children and young people around attending school during the Covid-19 pandemic

Polly Waite

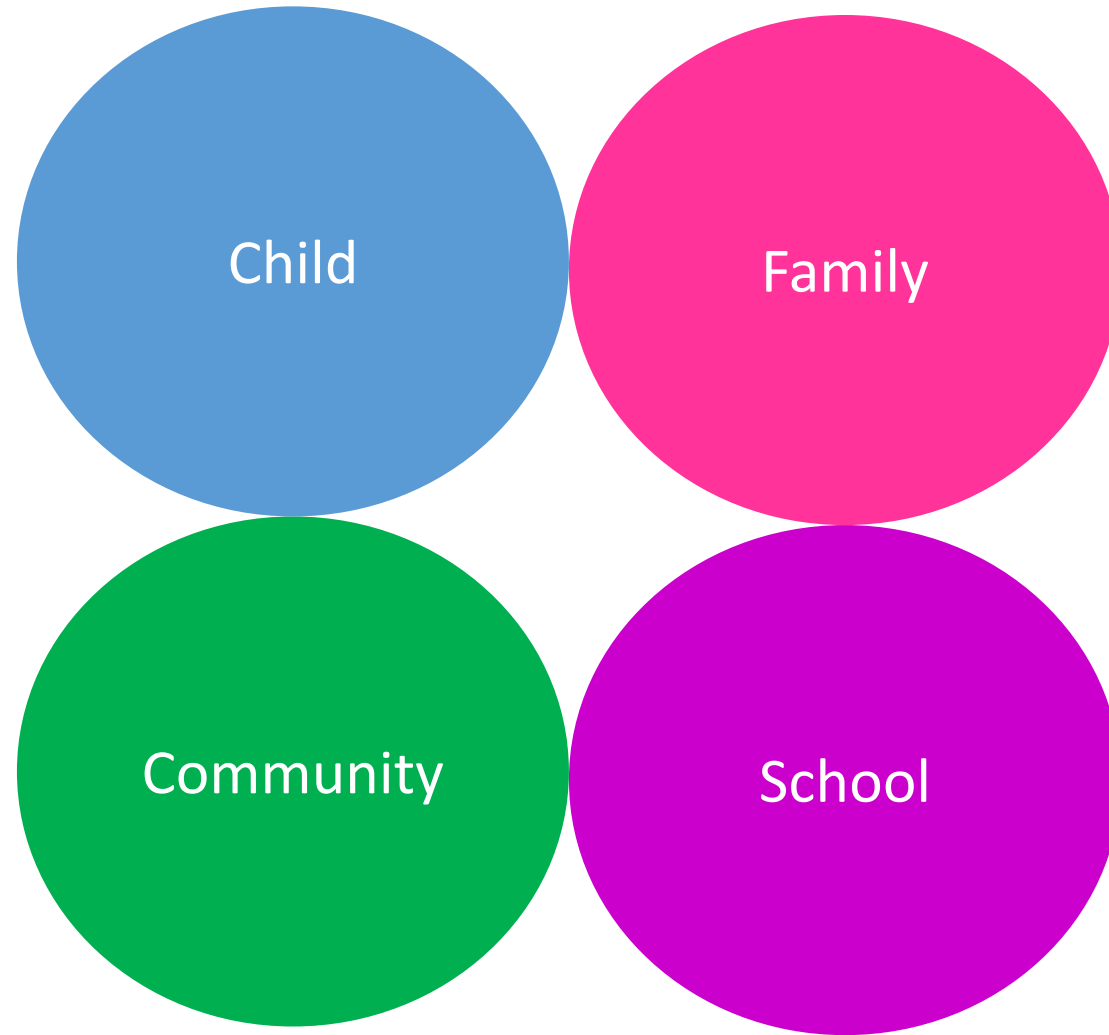
# 1-2%

of young people  
experience difficulty  
in regularly attending  
school



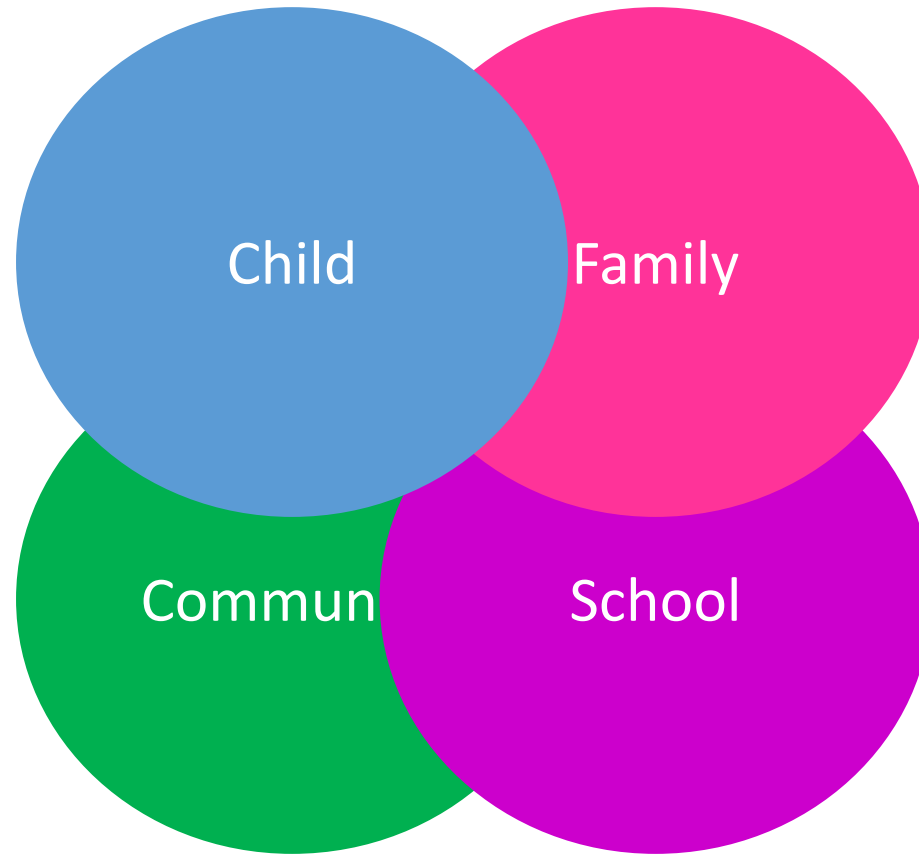
Maynard, B. R., Heyne, D., Esposito Brendel, K., Bulanda, J. J., Thompson, A. M., & Pigott, T. D. (2015).  
Treatment for School Refusal Among Children and Adolescents: A Systematic Review and Meta-Analysis  
Research on Social Work Practice. DOI: 10.1177/1049731515598619

# Risk factors for school attendance difficulties



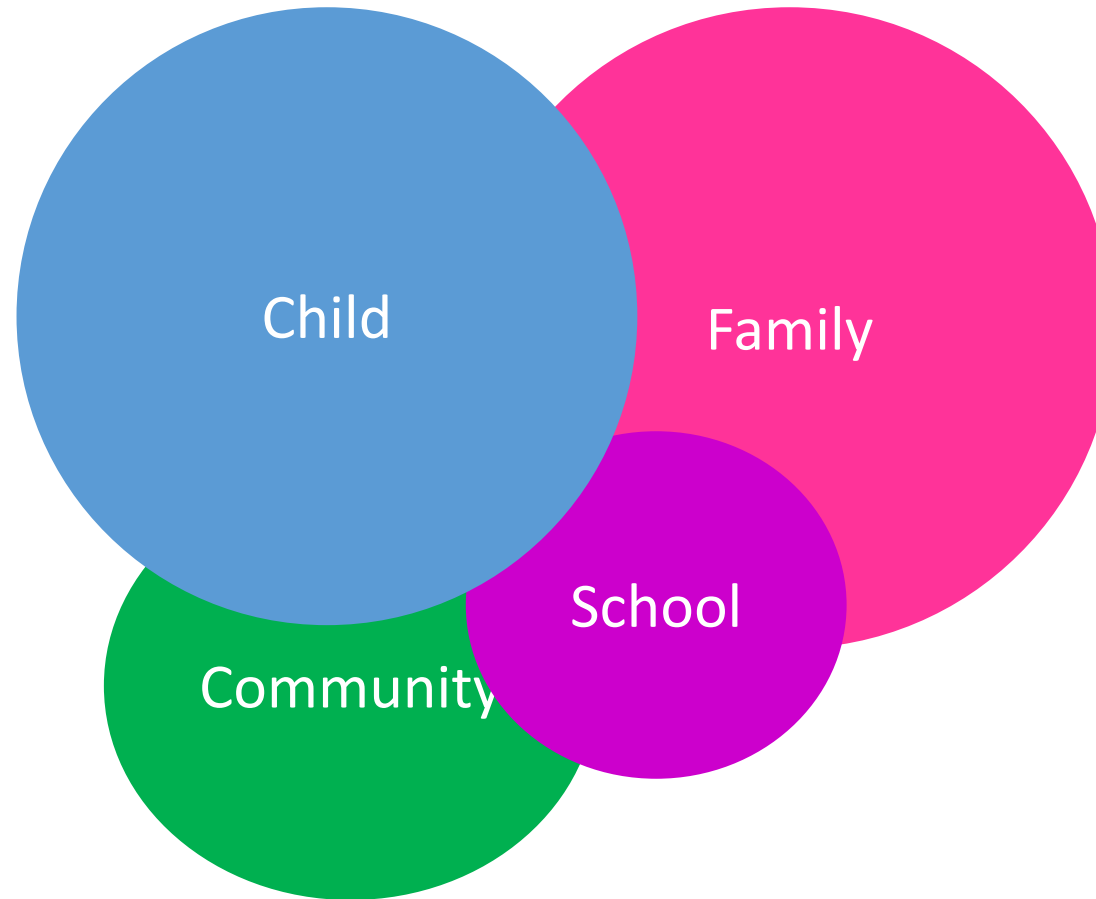
Kearney, C. A. (2008). An interdisciplinary model of school absenteeism in youth to inform professional practice and public policy. *Educational Psychology Review*, 20(3), 257-282.

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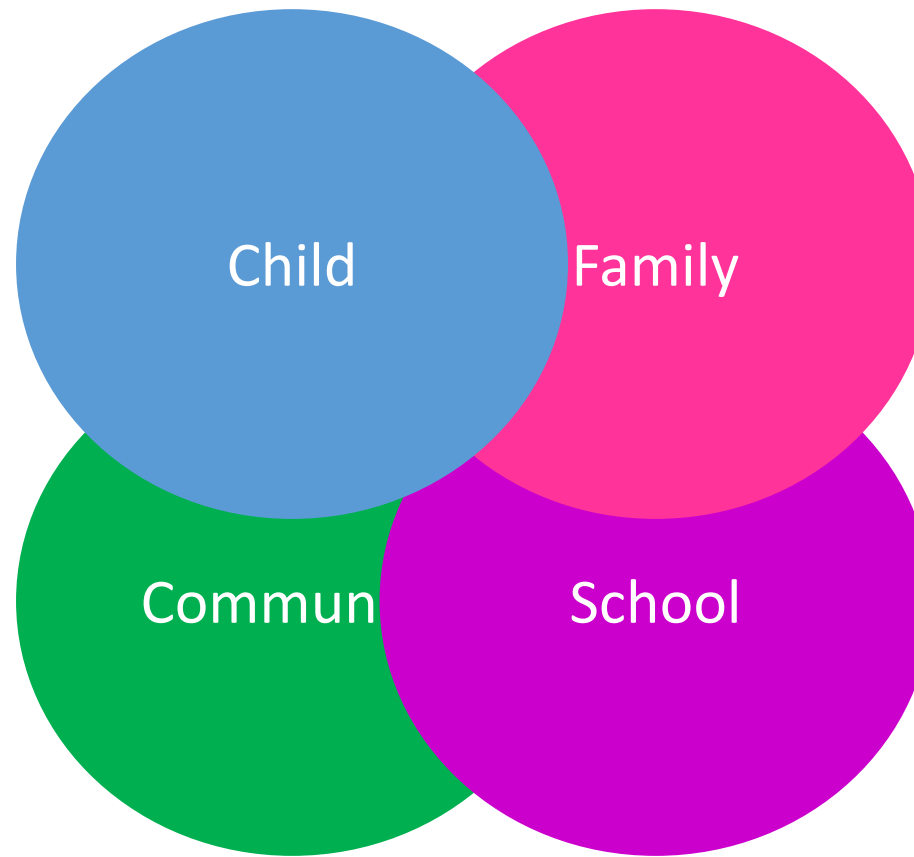


Finning, K., Waite, P., Harvey, K., Moore, D., Davis, B. & Ford, T. (2019): Secondary school practitioners' beliefs about risk factors for school attendance problems: a qualitative study, *Emotional and Behavioural Difficulties*, DOI: 10.1080/13632752.2019.1647684

# Supporting children with anxiety-based school attendance difficulties

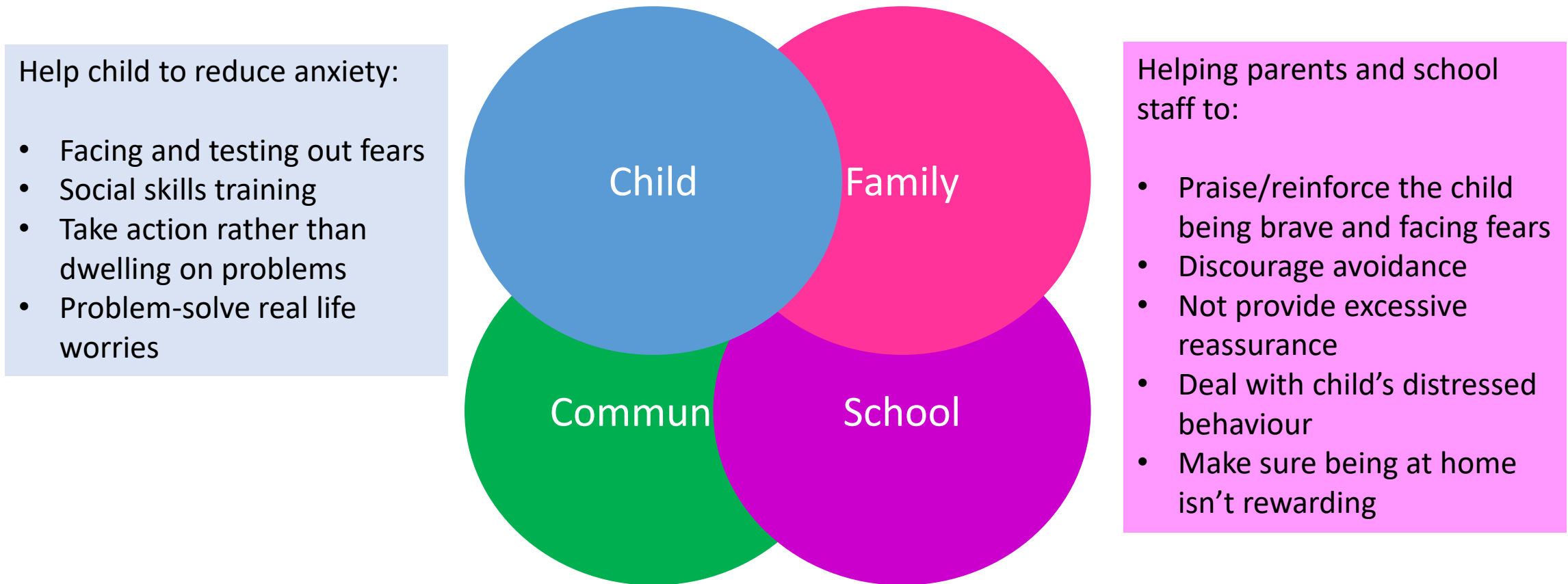
Help child to reduce anxiety:

- Facing and testing out fears
- Social skills training
- Take action rather than dwelling on problems
- Problem-solve real life worries



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COVID-19: Supporting Parents, Adolescents  
and Children during Epidemics

[www.cospaceoxford.com/survey](http://www.cospaceoxford.com/survey)

Over 8,500 parents/carers  
Over 1,000 adolescents



UK Research  
and Innovation

# Primary school age

UK parent/carer report on

Children aged 4-11 years

Based on 426 responses

Data from 12-20<sup>th</sup> May

(Govt announcement Sunday 10<sup>th</sup> May)



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For regular reports see: <https://emergingminds.org.uk/>

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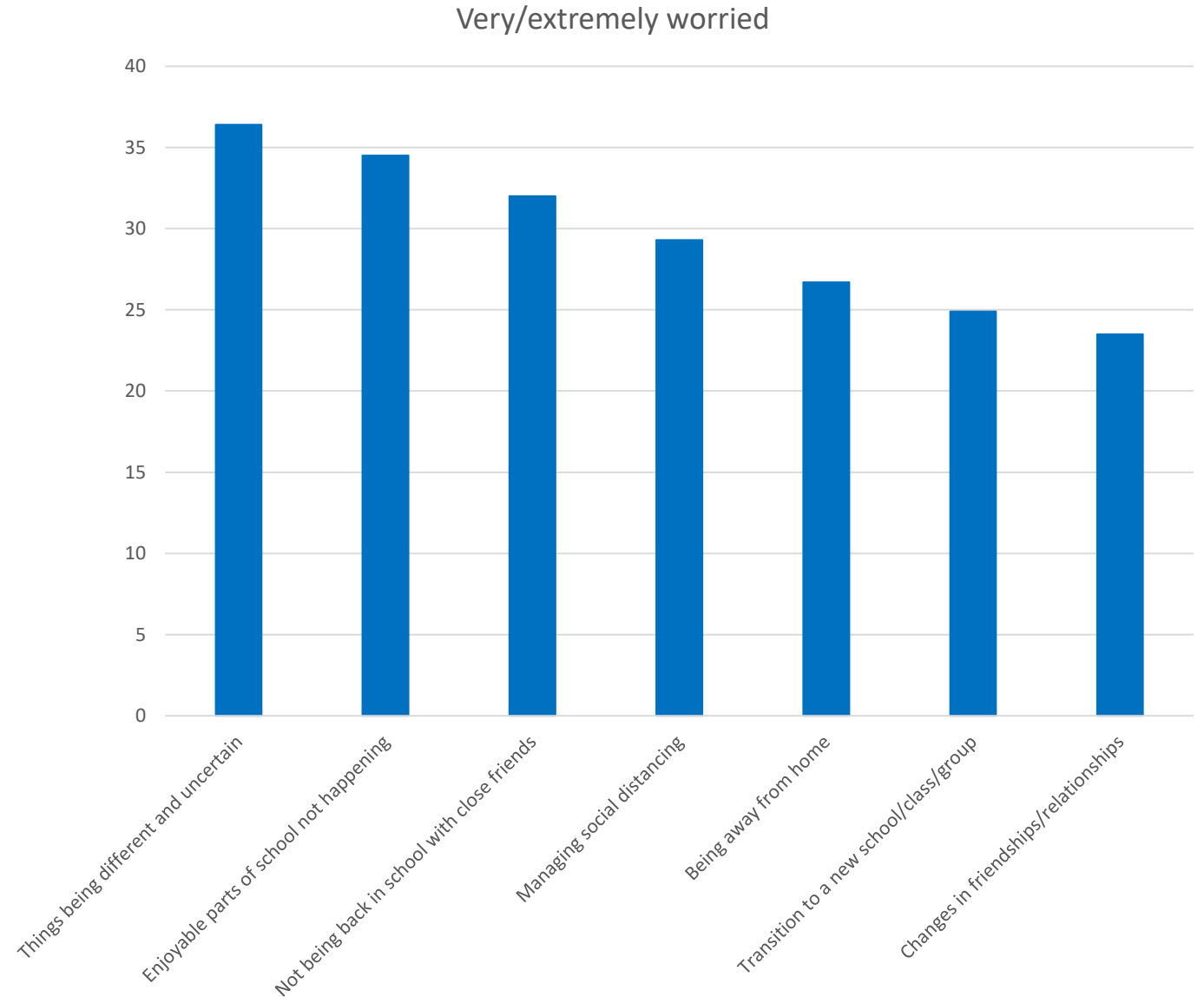
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UK parent/carer report

On young person aged 12-16 years

Based on 152 responses

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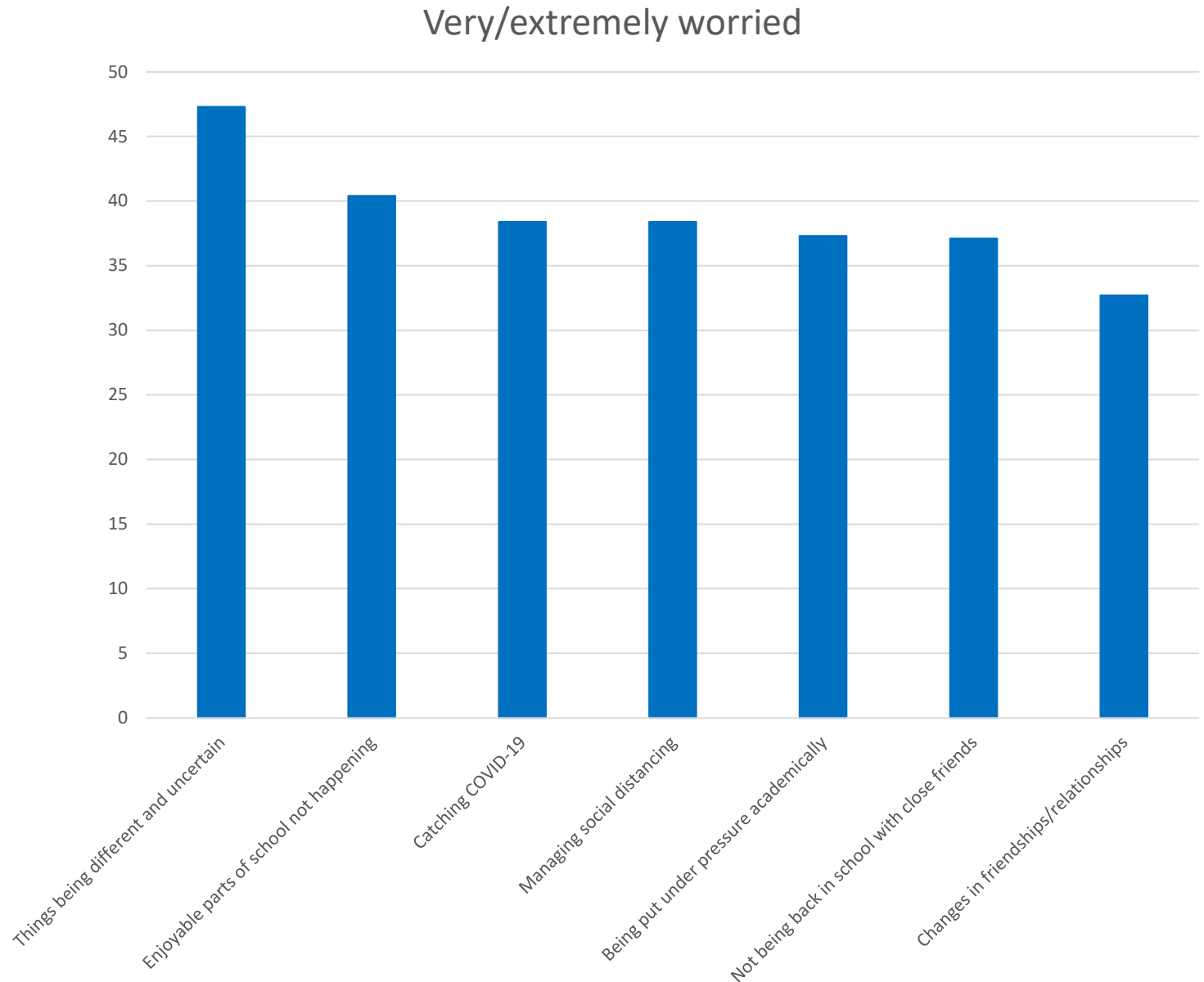
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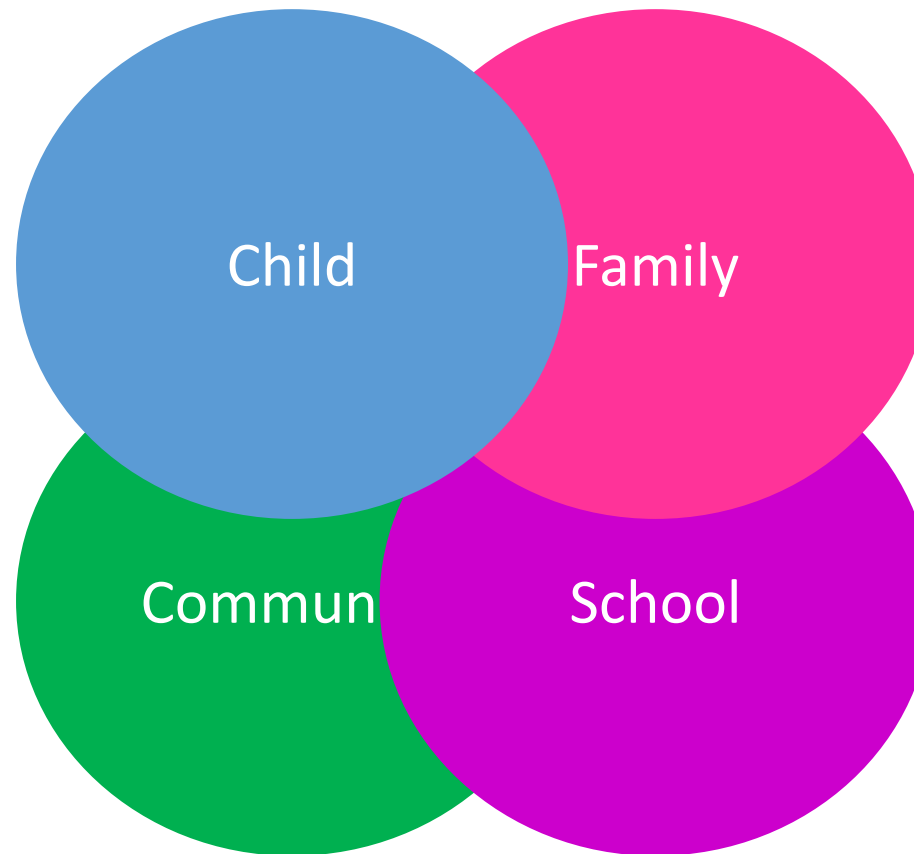
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# Supporting children with anxiety-based school attendance difficulties during Covid

Help child to reduce anxiety:

- Facing and testing out fears
- Connect with others
- Take action rather than dwelling on problems
- Problem-solve real life worries
- Do enjoyable things



Parents and school staff to:

- Work together
- Normalize the uncertainty
- Provide information about how things will be the same/different
- Help children see what they can control
- Validate emotions
- Set a calm example
- Talk about Covid-related worries but limit it
- Correct inaccurate information
- Help with social distancing
- Provide structure and enjoyable activities
- Support friendships
- Ensure academic needs are met



- Emerging Minds is a research network funded by UK Research & Innovation
- Our members come from all sorts of disciplines and sectors
- Working towards reducing the prevalence of mental health problems experienced by children & young people.

[emergingminds.org.uk](https://emergingminds.org.uk)  
[@EmergingMindsUK](https://twitter.com/EmergingMindsUK)

**#EmergingMinds**



**NIHR** | Oxford Health Biomedical Research Centre

**NIHR** | Applied Research Collaboration Oxford and Thames Valley



Can you help us learn how to  
**support families** with the  
challenges of COVID-19?



If you are a parent or carer of a  
school-aged child (up to GCSE/S4),  
take part here:  
[www.cospaceoxford.com/survey](http://www.cospaceoxford.com/survey)



If you are a parent or carer of a  
pre-school aged child (2 to 4  
years), take part here:  
[www.cospyce.org/survey](http://www.cospyce.org/survey)

<http://cospaceoxford.com/survey>  
<http://cospyce.org/survey>



<https://emergingminds.org.uk/supporting-children-and-young-people-with-worries-and-anxiety-coronavirus/>

**Advice for  
parents, carers  
and people  
that work with  
children and  
young people**

This is a time of uncertainty and a lot of children and young people will be feeling anxious and worried about what is going on. This is a normal response to the situation and below we offer some advice about what adults can do to help and support children and young people.

There is a lot of information becoming available - this is great but may also be confusing, so we have pulled together some advice and some of our favourite links in to one place. We hope this will be helpful.

Given that the situation is changing rapidly at the moment we will make updates from time to time which you will be able to find here: <https://emergingminds.org.uk/resources/>

# Teen sleep during COVID-19: what can research tell us?

10.30am, Wednesday 27 May, 2020

# Let us play! – child mental health during COVID-19. What can research tell us?

11am Thursday 28 May, 2020

[emergingminds.org.uk](https://emergingminds.org.uk)



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# COVID-19 Webinar Series

Recordings now available for:

- Supporting children with their worries and anxiety
- Teens, Screens & Quarantines
- Living through lockdown: social isolation & mental health
- Supporting autistic children & young people
- Supporting young people who self-harm

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