Online Support around School attendance

Mental Health – School Anxiety

- 5 ideas for supporting children who are struggling to attend school - YouTube
- 4 ideas for supporting a child with anxiety - YouTube
- Parents Helpline /Mental Health Help for Your Child - YoungMinds
- Supporting A Child With Anxiety | Tips & Advice - YoungMinds
- Parents Survival Guide / Mental Health Support - YoungMinds
- Box Breathing Technique - simple strategy to calm anxiety - YouTube
- Information for young people on dealing with anger | Mind, the mental health charity – help for mental health problems
- Home - Stop.Breathe.Think - stopbreathethink.org.uk

Behaviour Support Guidance links

- Learning from angry, aggressive or anxious meltdowns using the '5 Whys' approach - YouTube
- Angry Outbursts: using anger rules to keep children (and us) safe - YouTube
- Pooky Ponders: Why do some kids misbehave? - Creative Education
- Window of Tolerance - a simple tool for emotional regulation - YouTube
- How can I manage my teenager's challenging behaviour? - Support for Parents from Action for Children
- How do I set house rules for my teenager? - Support for Parents from Action For Children
- How to deal with school refusal - ReachOut Parents
- What is school refusal and what can I do about it? - actionforchildren.org.uk

Department of Education Guidance documents

- Working together to improve school attendance
- School behaviour and attendance: parental responsibility measures

NHS advice on illness

- Is my child too ill for School?