



You Matter Too

A Reflection for Parents — School Refusal Series, Part 1 Companion

There are no right or wrong answers here.

This reflection isn't about finding a solution or making a decision. It's a space to notice what you've been carrying, and to acknowledge that your experience in all of this matters too.

Part 1: What You're Carrying

Take a moment before you answer. There's no need to have tidy answers.

What does a typical day look like for you right now, with everything school refusal adds to it?

What tasks, worries, or responsibilities are you holding that nobody else sees?

When did you last feel like you could fully focus on something other than this?

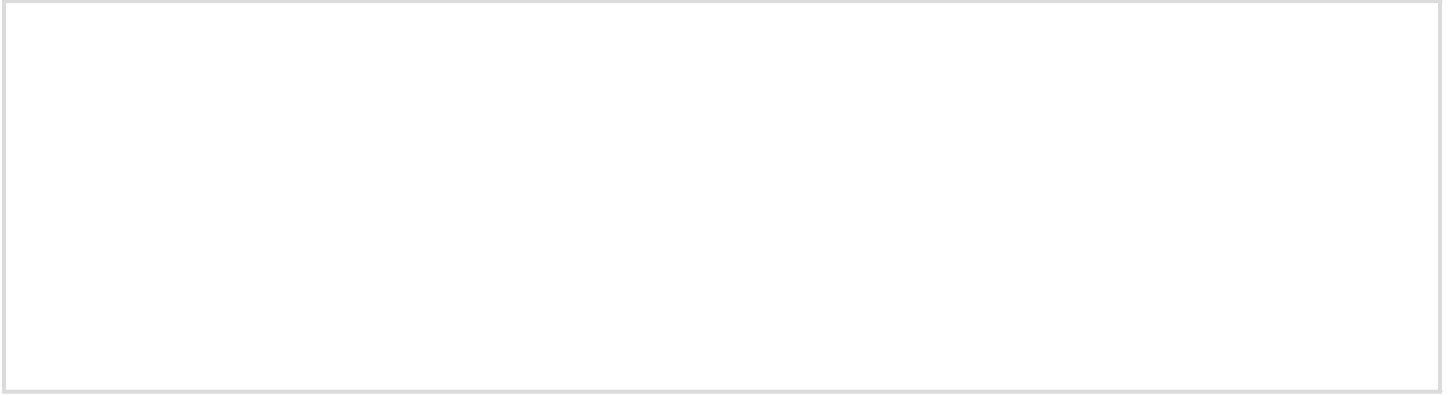
Part 2: The Pull in Different Directions

School refusal often means choosing between options that each come with a cost.

What does the 'firmer on attendance' voice in your head sound like? What is it afraid will happen if you don't push?

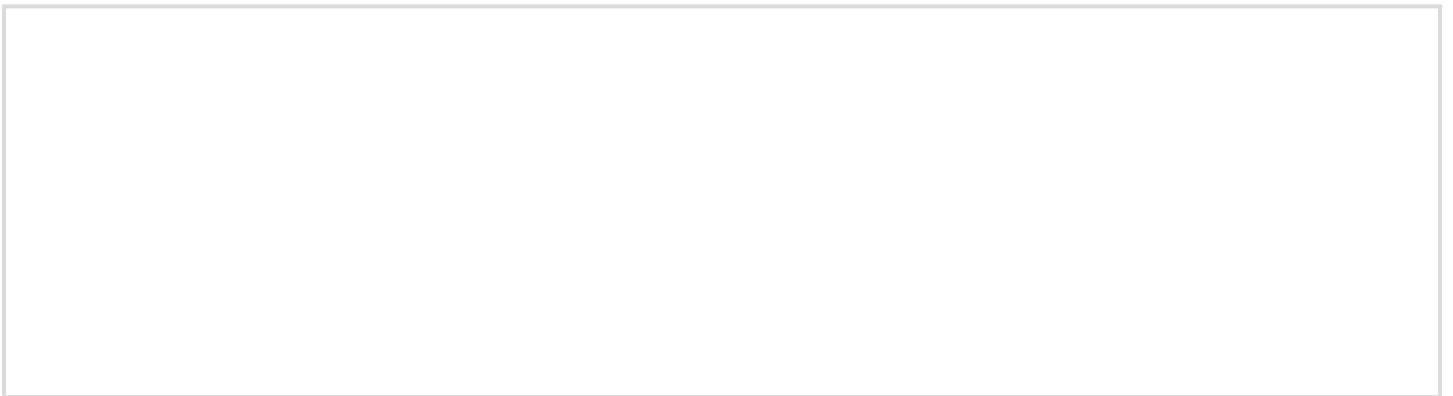
What does the 'my child needs more support right now' voice sound like? What is it afraid will happen if you push too hard?

When these two voices pull against each other, how does that feel in your body or your day?

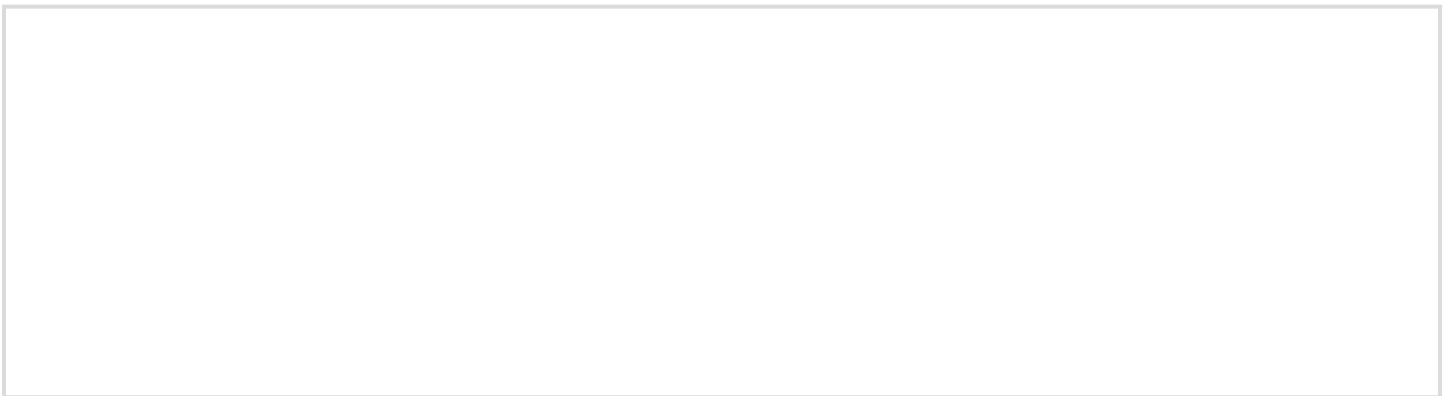


Part 3: What You're Not Saying Out Loud

What's something about this experience you haven't told anyone — a fear, a frustration, a doubt?



Is there advice you've received that, however well-meaning, has left you feeling more alone, judged, or unsure?



What do you wish someone understood about what this is like for you?

Part 4: What You Need

This isn't about solving anything yet — just naming it.

If you could set down one piece of this for even a short while, what would it be?

Is there a person, even one, you could share some of this weight with? What might that look like?

What is one small thing — not a fix, just a moment — that might help you feel a little less alone in this?

Final Reflection

Complete the sentence: Right now, the thing I most need someone to understand is...

After writing this, what feels a little different — even slightly?

You don't have to act on anything you've written here. Sometimes naming something is the first and only step it needs to be, for now.