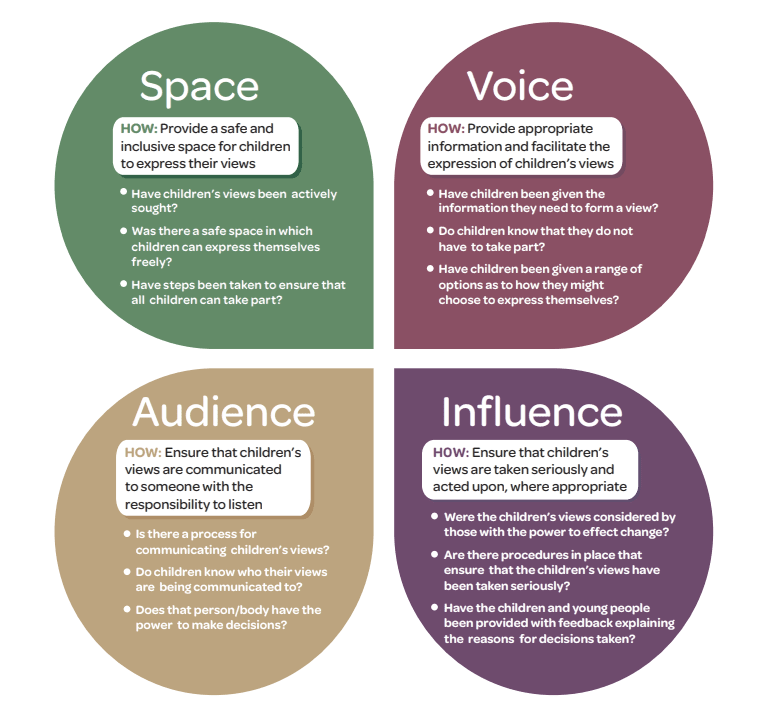
**Understanding EBSNA  
(Emotionally Based School Non-Attendance)**

*A Supportive Guide for Families*

**What is EBSNA?**

EBSNA occurs when a child struggles to attend school due to emotional distress, like anxiety or stress. Unlike truancy, these children want to attend, but overwhelming feelings make it feel impossible.

**Key Features**

✔ Emotional distress linked to school  
✔ Not truancy – driven by anxiety  
✔ Avoidance as a coping strategy  
✔ Often develops gradually with complex causes

**Common Signs & Causes**

• Emotional distress: anxiety, panic, sadness  
• Physical symptoms: headaches, stomach aches  
• Avoidance behaviours: refusal to get ready or leave home  
• Causes include child-specific factors (e.g., anxiety, autism), school environment, and family dynamics

**How Families Can Help**

• Stay calm and supportive  
• Seek advice from GP or Educational Psychologist  
• Work with school on a gradual reintegration plan  
• Celebrate small steps and progress  
• Focus on resilience and coping strategies

**What We Do at Meadow Pathways**

We create safe, nurturing environments, develop personalised support plans, and work with families to help children build confidence and thrive.