

CHILD: "I DON'T WANT TO GO TO SCHOOL!"

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Abstract: The article raises an urgent problem concerning many parents: "What if a child does not want to go to school?". Some examples of the reasons why children do not want to go to school and ways to solve them are given

Keywords: elementary school, junior schoolchildren, unwillingness of children to go to school, school phobia.

Introduction

Admission to school is one of the most important milestones for a child and a family in the upbringing of a child. But while going to school can excite the hearts of some children, for others it is a source of fear. This fear creates a "school phobia" in the child.

What is a "school phobia?"

A school phobia is when a child does not want to go to school with severe anxiety, does not show interest and does not want to go to school. This happens immediately before or after entering school. The child does not want to go to school with an aggressive attitude. Even if he goes, he will be very indifferent to school.

"I have a stomach ache, I won't go to school!"

There are certain behaviors that appear in a child. For example, a child experiencing anxiety due to a school phobia. Symptoms such as crying attacks, anger, abdominal pain, loss of appetite, anxiety and non-fulfillment of homework are often observed.

Since the child's age is still young, such behavior as crying, anger and failure to do homework is normal for parents, and they may not notice the situation. Abdominal pain and loss of appetite are direct signs of increased anxiety. Because, whether it's a child or an adult, anxiety primarily affects the abdomen and stomach area.

It's been 4 months, but he still doesn't want to go to school.

If a child starting preschool education or entering the first grade, after a certain time, still resists going to school, there are deep reasons for this. The main reason for this situation is "overprotective or liberal parents.

"I avoid everything that concerns my child because I worry too much. I take good care of her at home, I take care of everything that concerns him." However, if you have concerns, for example, that she will fall at school, if someone hurts her, if she is hungry or can't go to the toilet, and if you say it in front of a child, it can cause a child to have a school phobia. Biological causes also affect the child. In other words, the fact that the mother or father are anxious people causes anxiety in the child. A child cannot develop confidence in school because of his fears. Anxiety is contagious! The fact that parents have restrictions on how to talk and behave with children prevents the formation of a school phobia in a child.

I want my child to have everything.

Some parents say that they love their children very much and want them to have everything in their life. In fact, we all want it. But there is no boundless possession or infinite happiness. Parents who think in this way cannot establish authority over the child and raise him too easily. These families are called: "extremely liberal parents."

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For example, a 3-year-old child is given the right to play unlimited games or watch cartoons on a tablet or on a phone. Although this is very wrong behavior and in the long run very harmful to the child, they do not limit it, thinking that their child is happy at the moment. They even allow the child to determine the time of the game himself.

In preschool education, there is a behavior consisting in joint action. That is, the teacher wants the children to complete tasks together. This creates social discipline. The behavior associated with compliance with the rules should first be learned at home, and then fixed at school. Children of parents who do not set boundaries at home have problems adapting to school. It turns out that this is a school phobia.

Establish equal authority in the family.

Parents should maintain equal authority among children. In other words, if there are 2 children at home and one of them is studying successfully, and the other is not, then the family's attitude to these children should be equal. If a successful person is more free not to go to school, and if you put pressure on another child to go to school because he should study better, then the child's school phobia will push even more. However, if equal treatment is shown and his successful brother supports him, it will be easier for him to overcome his fear of school.

Going to school every day is a responsibility.

Regular school attendance is a responsibility. Send your child to school every day so that he performs his duties correctly. Do not allow a request not to go to school unless there is a really good reason. Teach yourself this too: don't tie holidays to your child's school day, send him to school every day. A child who cannot learn to go to a regular school today can easily be absent when he grows up. In addition, the little ones constantly have difficulties adapting to school when they spend several days at school.

Conclusion

Based on all of the above, we can come to the conclusion that we must support our children, communicate with them and be able to listen to them. And also, I would like to give some tips for parents:

1. It is important to send a child to preschool education.
2. Have positive conversations about school at home.
3. Talk to your child about his rhinestone before school.
4. Anxiety is contagious. If you show your concern, the child will feel the same.
5. Be nice but firm about going to school.
6. Do not blame the child, do not make offensive speeches.
7. When your child comes home from school, ask how his day at school went.
8. If you cannot find a solution to the problem, seek professional help.

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