

# MY CHILD IS STRUGGLING IN SCHOOL.....WHAT DO I DO?



**School is in full swing and your child has not been doing well academically and/or behaviorally. What now??**

It's challenging for both parents and kids when school does not go smoothly.

Are grades lower than expected? Is homework not getting turned in on time? Is the teacher calling with concerns? Is your child being sent to the office for behavioral issues? Are there other concerns present?

Every child's needs are different, but here are some good places to start to help school be easier and more enjoyable for your child.

### **Talk with your child**

What are your child's concerns? Is your child making friends? Is your child being bullied? Is the school work too easy or too challenging? What are things that have been making school easier for your child? What makes school more difficult?

### **Set a conference with the teacher**

The teacher spends as much, if not more, time with your child each week.

Talk with the teacher one-on-one. What are the teacher's concerns? What does the teacher notice about peer interactions? How are grades?

### **Talk with the school counselor and/or Social Emotional Learning Specialist (SEL)**

The school counselor and SEL are additional resource for kids and parents. They can meet with kids at school to help them better manage behavioral or emotional struggles. They can also have a good perception of what is making school so challenging for your child.

### **Additional school assistance**

Are your child's struggles enough to qualify for an Individualized Education Program (IEP) or 504 Plan?

IEPs and 504 Plans help kids and families set and reach educational goals. They can offer additional assistance for kids that range from speech classes to extra time on tests to special education services. These forms of assistance require kids to meet certain requirements, so talk with

school officials to determine what criteria needs to be met to qualify.

### **Help outside school**

Sometimes kids need more assistance than just school can offer. This is where outside resources, such as mental health or behavioral therapy, occupational therapy, or speech therapy, can come into play. School officials or your primary care physician can help with recommendations for services outside of school.

Follow us on Facebook for more information on mental health topics.

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.