School Phobia

School phobia is also called school refusal. Children with school phobia typically miss many days. They may have vague physical complaints. Abdominal pain, tiredness, headache, nausea, and dizziness are the typical symptoms. These symptoms are often worse in the morning right before school. A change of school or difficulties with other students or teachers may contribute. Most children with this condition are good students.

Unless there is a medical condition requiring home care, it is best to get your child back into school. School refusal can be a sign of anxiety or depression, so emotional support is very important. The longer a child stays out of school, the harder it is to return. Contact the school teachers or principal to let them know about the situation. Medicine for anxiety or depression may be needed, but most of the time school phobia requires no specific medical treatment.

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