

SCHOOL CAN'T AUSTRALIA'S WEBSITE

www.schoolcantaustralia.com.au

On our website you can find:

- Articles, media releases and blog posts
- Sign up to receive our newsletter
- Podcast: The School Can't Experience
- Join our School Can't Australia peer support group
- Find resources to provide assistance

FIND SUPPORT FOR CARERS:

Caring for children and teens that are experiencing distress about attending school is extraordinarily stressful. It is important to take care of yourself as a carer. We recommend reaching out for support from one of the following organisations:

- Carers Gateway: www.carergateway.gov.au
- Mental Health Carers Australia: www.mentalhealthcarersaustralia.org.au

TO WATCH:

- School Can't Australia's Lived Experience Panel (November 2024)
<https://www.schoolcantaustralia.com.au/resources-articles/sca-lived-experiencepanel>
- The Kids Who Can't (Four Corners Documentary) <https://www.youtube.com/watch?v=dSdhuqj04vQ>

TO READ:

- Lots of parents and carers have found the following articles from our website to be helpful: **The School Can't Journey**
<https://www.schoolcantaustralia.com.au/resources-articles/schoolcantjourney>
- **The Four Lenses of School Attendance Difficulties**
<https://www.schoolcantaustralia.com.au/resources-articles/4lenses>
- **What Does it mean to Feel Safe at School**
<https://www.schoolcantaustralia.com.au/resources-articles/what-does-it-mean-to-feel-safe-at-school>

TO LISTEN:

The School Can't Experience Podcast:

<https://schoolcantexperience.buzzsprout.com/2447546/follow>

RESOURCES WE HAVE FOUND HELPFUL:

Lots of parents and carers have found the following resources helpful:

Dr. Ross Greene Resources:

Lives in the Balance: <https://livesinthebalance.org/>

The Lives in the Balance website contains links to Dr Greene's books and a video for parents

explaining how to work in a collaborative way with your child to identify stressors and barriers and find ways to resolve them.

Can't Not Won't Graphic by Kristin Wiens:

You can find this one from the North Star Paths website [here](#).

Dr Stuart Shanker's Self-Reg resources:

Book: "Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully

Engage with Life"

Resources to help you identify stressors:

School Can't Australia's submission to the 2022 Senate Inquiry. Check the list of school-based stressors in Chapter 10 and page 119. You can find this [here](#).

Neurodivergent Ally

We love their spoon savers and spoon thieves. Especially the decks of cards about school: <https://www.neurodivergentally.com/shop>

Student Stress Investigation:

A resource for schools and therapists to use to help identify school based stressors. www.studentstressinvestigation.com.au

Naomi Fisher's books and resources:

<https://naomifisher.co.uk/>