

Shutdown When Talking About School

They Shut Down When School Comes Up

If school talk leads to silence or anger, shame may be driving the reaction.

What this is

A protective response to feeling behind or misunderstood.

Why it shows up

- Accumulated failure experiences
- Fear of disappointing adults
- Feeling interrogated instead of supported

What to try this week

1. Replace questions with statements of support
2. Talk *alongside* activities, not face-to-face
3. Separate listening from problem-solving

When to get support

If communication stays blocked, language and safety need rebuilding.

Recommended tools

- **GOAT Book**
- **More Than Behavior™ Letter: Dear Parent**

Connection reopens communication.

If this helped even a little, you're on the right track.

When you're ready, you can go one step further:

- [See related tools →](#)
- Talk to Kristin (10-min game plan call) →