



## 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) →