



The Starfish Suspension Reset For Families -

Holding your child through
this moment

A different starting point

If your child has been suspended, this can feel difficult.

For them.

For you.

For your family.

You might be feeling:

- worried
- frustrated
- upset
- unsure what happens next

All of that is understandable.

This moment does not define your child and it does not mean their place in school has been lost.



What suspension is (and isn't)

A suspension is used to:

- keep people safe
- create space
- allow things to settle

It is not a judgement on your child's worth.
It is not the end of their relationship with school.

What matters most is what happens next.

What your child may be feeling

Children experience suspension in different ways.

They may feel:

- ashamed
- confused
- angry
- worried about coming back
- or sometimes, even relieved

Underneath behaviour, there is always something more.



Supporting your child at home

You don't need to have all the answers.
The most important thing you can offer is calm, connection and curiosity.

Gentle ways to start a conversation

Instead of:

“What have you done?”

“Why did you do that?”

Try:

“Do you want to tell me what that felt like today?”

“What was going on before things got difficult?”

“What do you think might help next time?”

You are not trying to fix everything.
You are helping your child feel understood.



Listening without rushing

It's okay if your child:

- doesn't want to talk straight away
- isn't sure what to say
- gives small or unclear answers

Give them time.

Connection often comes in moments, not all at once.

Looking ahead to returning to school

Your child will be invited back into school with a plan to support them. There will usually be a reintegration meeting.

This meeting is a chance to:

- share your perspective
- help school understand your child
- work together on what will help moving forward

You are an important part of this process.



Preparing for the meeting

You might want to think about:

- What does your child need right now?
- What helps them when things feel difficult?
- What has worked well in the past?
- What worries you about their return?

Working together with school

Strong outcomes come from partnership, not pressure.

This might look like:

- sharing openly, without fear of judgement
- asking questions if something isn't clear
- building a plan together
- staying in communication



The goal is not to get everything perfect.
It is to help your child feel able to return and stay.

What helps children return well

Children are more likely to re-engage when they feel:

- welcomed back
- understood
- supported by a trusted adult
- able to try again without being labelled



A gentle reminder for you

You are doing your best.

Your child is still learning and this is a moment that can be worked through, together.

When it feels difficult

If things feel overwhelming, come back to this:

- your child needs connection before correction
- they need to feel safe before they can change
- they need to know you are alongside them

The Starfish Way

We don't focus on everything at once.

We focus on the next small step.

One small step

What is one thing that might help your child feel ready to return?



Final thought

**Somewhere in the next few days, your child will walk back into school.
What they meet when they return matters and your presence, your support,
and your voice are part of that.
They still belong.**