

Report to **PARENTS**

9 Tips to Build a Habit of Good Attendance

Attending school regularly helps children feel better about school—and themselves. Even as kids grow older and more independent, families play a key role in making sure students access learning opportunities and understand why attendance is so important for success in school. Families can use these strategies to help kids build a habit of good attendance.



Did You Know?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 2 days a month can make it harder for kids to learn to read.
- Students can still fall behind if they miss just 1 or 2 days every few weeks.
- By 6th grade, absenteeism is one of three signs that a student might drop out of high school.

What You Can Do

- 1. Set a regular bedtime and morning routine.** A structured routine helps kids feel safe and secure because they know what to expect.
- 2. Prepare the night before.** Help your child pick out an outfit for the next school day and set it out so it's ready to go when they wake up. Pack backpacks then, too.
- 3. Keep your child healthy.** Make sure your child has the required immunizations and is practicing healthy habits to stop the spread of germs and illnesses.
- 4. Ease anxieties.** If your child seems anxious about going to school, talk to teachers, school counselors, and other parents for advice on how to make your child feel comfortable and excited about learning. Focus on the positives about the school day, and do what you can to ease their anxieties, like introducing your child to their teachers and classmates before school starts.
- 5. Develop backup plans.** If something comes up and you're unable to take your child to school on time, make plans with a family member, a neighbor, or another parent to take your child to school.
- 6. Limit out-of-school time.** Try to schedule medical appointments and extended trips when school isn't in session.
- 7. Seek advice.** If your child is sick, call your school for advice about whether they should come in or stay home.
- 8. Know that perfect attendance isn't the goal.** There are times when your child should stay home due to illness. When this happens, ask the teacher for resources and ideas to continue learning at home.
- 9. Communicate with schools.** Oftentimes a barrier that exists for you exists for other families in the community. Work together with the school to address systemic barriers that might be causing kids to miss more days of school than they should.