



Help Your Child Do Well in School: **Build the Habit of Good Attendance**



Did you know?

- Too many absences in preschool and elementary school can cause children to struggle socially and academically.
- Being late to school may lead to poor attendance.
- Missing 10% of school (2 days each month) can make it harder to learn to read and do basic math.

Attending school regularly helps children feel better about school — and themselves. Start building this habit in preschool and through elementary school so they learn right away that going to school on time, every day, is important.



What you can do

- Set a **regular** bedtime and morning **routine**.
- Lay out clothes and pack backpacks **the night before**.
- **Keep** your child **healthy** and make sure your child has the required shots.
- Develop **backup plans** for getting to school if something comes up.
- **Monitor** your child's **absences**.
- Try to schedule **nonurgent medical appointments** and extended trips when school isn't in session.
- **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.
- **If** you are **concerned** that your child may have a contagious illness, **call** your school nurse or health-care provider **for advice**. Ask the teacher for ideas to support missed learning time.

Chronic absence is missing 2+ days every month over the course of a school year.

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