

School Attendance: How Families Can Help



Help your child prepare for the school day.



Encourage your child to do all homework before bed.



Lay out backpacks and clothes the night before.



Set a regular bedtime so your child gets enough sleep.



Set a morning alarm with plenty of time to get to school.

Get advice when your child seems sick or anxious.



Ask the school for guidelines on what to do if you think your child may have a contagious disease.



Talk with your child's teacher or counselor if you suspect he or she may be bullied or anxious. If bullying is occurring, file a complaint with the principal.

Set appointments and trips outside of the school day.



Schedule non-urgent dentist and doctor appointments after school, during school holidays, or on weekends.



Avoid taking vacations while school is in session. Aim for holidays and school breaks. If you must take your child out of school due to a family emergency, ask the teacher(s) for homework to catch up.

Keep in touch with school.

Monitor your child's attendance so you know when absences are beginning to pile up.

Ask the school for help with transportation, if your child is having trouble getting to classes.

