

What Parents and Guardian Can Do



- Make school attendance a priority - discuss with your child the importance of having good attendance.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Limit technology time - many children stay up late playing games and this is a hindrance to a good night's sleep.
- Encourage your child to lay out clothes and pack backpacks the night before.
- Don't let your child stay home unless they are truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- Find out if your child feels engaged by his classes and feels safe from bullies and other threats. Make sure he/she is not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school.
- Have good communication with the school; you can always ask a teacher how things are going with respect to your child.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated..
- Encourage your child to participate in after school extra curricular activities. This is a great way for your child to feel connected with the school and staff.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

