

Here's How You Can Improve Your Child's School Attendance:

- Talk with your child about the importance of attending school regularly.
- Avoid scheduling family trips or doctor appointments during school hours.
- Make sure your child stays healthy by eating nutritious food and getting enough sleep and exercise.
- Make sure your child has a regular bedtime. (Before 9:30 p.m. on school nights.)
- Have your child decide what she/he is going to wear the night before and lay out the clothes.
- Put the cereal bowls on the table after supper is finished — you are ready for breakfast.
- Give your child an alarm clock. Help your child decide how much time is needed to get ready for school. Help set the alarm.
- Don't accept excuses for why your child "must" miss or be late for school.
- Discuss with your child what happened at school each day.
- Support school rules and consequences for skipping class and being tardy.
- Show your child why education is important. Give specific examples of how education helps people succeed.
- Lead by example. If children see parents taking off work for no real reason, they may expect to be able to do the same thing.