



## **Help Your Child Succeed In School: Build the Habit of Good Attendance Early**

### **Did you know?**

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two every few weeks (and can equal 18 days very quickly)
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school-and themselves. Start building this habit 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.
- Introduce your child to his or her teachers before school starts to help with the transition.
- Don't let your child stay home unless he or she is truly sick. Sometimes stomachaches can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious to go to school, talk to teachers, school counselors or other parents for advice on how to help your child feel more comfortable and excited about learning.
- Avoid medical appointments and extended trips when school is in session.

**Good attendance will help your child do well  
in school, college and at work.**