

## Helping Your Student Feel Connected

### Tips to Support School Attendance

When students feel like they belong, they're more likely to engage, thrive, and attend school regularly. Family encouragement and routines early on can help create a strong foundation for school success.

#### DAILY ROUTINES

- **ESTABLISH ROUTINES THAT SUPPORT CONNECTION AND CONSISTENCY.** For younger children, a regular bedtime and morning routine helps them to learn better. Most children and adolescents need 9–11 hours of sleep.
- **MAKE MORNINGS SMOOTHER.** Laying out clothes and packing backpacks the night before can make for calmer mornings. This helps students to feel more confident and ready to learn when they arrive at school.
- **LIMIT NIGHTTIME SCREEN TIME.** Encourage a technology-free bedtime routine by keeping phones and devices outside the bedroom. This can help them get the sleep they need to be present and engaged at school the next day.

#### SCHOOL LIFE CONNECTIONS

- **GET TO KNOW YOUR STUDENT'S TEACHERS AND SCHOOL STAFF.** These caring adults help create safe, welcoming environments. Reach out early—especially if your child is feeling nervous or facing challenges by connecting through email to teachers, family nights, or a school visit.
- **TALK ABOUT SCHOOL OFTEN.** Ask how things are going with friends and with learning. This shows you care about their day and helps you learn where they might need support.
- **PLAN AHEAD FOR KNOWN ABSENCES,** like medical appointments and cultural events. Communicate with the school when your student will be absent and collaborate with teachers to plan for maintaining connections to classroom learning.

#### CLEAR AND SUPPORTIVE EXPECTATIONS

- **SET CLEAR EXPECTATIONS FOR ATTENDANCE.** Let your child know school is a priority, and you believe in their ability to get through tough days with support. Encourage them to only stay home if symptoms of illness align with [health guidance](#). If students are navigating mental health needs, such as anxiety or depression, connect with the school to access additional support.
- **TRACK PROGRESS TOGETHER.** Use the [Attendance Tracker](#) on the Every Day Matters website to celebrate growth and identify patterns. Talk to your student's teacher about their attendance.

#### SCHOOL AND COMMUNITY PARTNERSHIP

- **REACH OUT FOR SUPPORT FOR BEFORE/AFTER SCHOOL CARE.** Protecting learning time for all students is important. Connect with your school for resources for before/after school care or alternatives to older students filling this need.
- **YOU'RE NOT ALONE.** Schools partner with families; if your family is dealing with things like housing, transportation, or health problems, the school can help.
- **USE COMMUNITY TOOLS.** Visit [211.org](https://211.org) or call 211 to discover support services near you.

*When students feel that school is a place where they are known, valued, and supported, attendance becomes a reflection of belonging.*