

Tips to improve your child's attendance:

- Avoid extended vacations that require your children to miss school. Try to vacation during school breaks only.
- Try to schedule preventative health care appointments for days off of school, or afternoons.
- For younger children, set a regular bedtime and morning routine. They need 9 to 11 hours of sleep.
- It helps to lay out clothes and pack backpacks the night before.
- For older children, help set homework and bedtime routines that allow for 8.5 to 9.5 hours of sleep. Make sure that when the lights go out, so do the cell phones, video games and computers. Consider keeping technology in another room at night.
- Get to know the teachers and administrators. With younger children, introduce your child to teachers before school starts and keep in touch with the teachers. For older students, school officials can help you stay on top of academic progress and social contacts to make sure your child is staying on track.
- Set clear guidelines. Show that attendance matters to you and that you won't allow an absence unless someone is truly sick.
- Don't ask older students to help with daycare and household errands that will interfere with school.
- You can turn to the school for help. Schools can connect you with community resources and help you troubleshoot.
- Visit 211info.org to discover community resources.
- Use the Attendance Tracker provided on the Every Day Matters website.