




# SETTING THE STAGE FOR STRONG ATTENDANCE

Attendance is so important in school. Showing up every day and on time sets adolescents up to learn at their best, graduate, and meet their goals for the future.

As a parent, you do so much to help ensure your child gets to school. It's not easy.



*Research shows  
strong attendance  
leads to strong  
achievement*

Here are some tips to help keep up strong attendance all through the year.

# TALK ABOUT ATTENDANCE TOGETHER

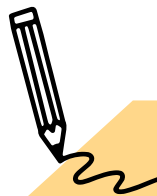
It's key for your child to know the requirements and just how important school is.



As a parent, it's totally normal to not always know what's required when it comes to attendance. You can likely find your **school's attendance policy** on the school website. You can also call the school to ask.

Make sure your child knows the requirements too. Look at them together. **Does your child have any questions or concerns?**

**Talk about why great attendance is so important.** For example, discuss how school is helping your child reach their personal goals. These conversations help boost motivation.



*To stay on track, kids should miss no more than 9 days over the course of the whole school year.*



# PLAN FOR GREAT ATTENDANCE

Thinking in advance about obstacles to attendance helps your child overcome them.



## GETTING TO SCHOOL

Talk about the plan for getting to school every day and on time.



## BACK-UP PLAN

Talk about what to do if the plan falls through. For example, if your child misses the bus, who will they call for help getting to school?



## ROUTINES

Support your child in setting up routines that lead to great attendance. What time do they need to wake up? How much sleep helps them feel rested and ready?



## APPOINTMENTS

Schedule medical and dental checkups after school or on non-school days.



## COMMUNICATE WITH THE SCHOOL

If there are things that will make it hard for your child to get to school, like work schedules or taking care of siblings, let the school know. They can help to come up with a plan so your child can get to school.

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2  
3  
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5



# NOTICE FEELINGS ABOUT SCHOOL

Just by pausing to notice, you build your understanding of how to best support strong attendance.



How does your child seem to feel before and after school? Excited? Tired? Calm? Worried?



Do they seem to have an easy time getting out in the morning or is it hard?



Do you notice any patterns? Are they excited on certain days of the week and hesitant on others?



**ASK ABOUT THE THINGS YOU NOTICE:** Your observations can be a great springboard for conversation.

You might start by saying, “I notice \_\_\_\_\_. How are you feeling about \_\_\_\_\_?”

As your child shares, just listen. After, repeat back things you heard them say. Ask, “Did I get that right?”

If your child seems to be struggling, you might ask, “Would you like my help thinking about possible solutions?”



# STAY IN THE LOOP


Little everyday questions about school let your child know that you're invested. They also help communicate that you're there to listen.

**Look for moments when your child seems up for chatting. It can help to have conversation on the go or while you're doing something else like walking or playing a game.**

**Here are questions you might try on different days:**



*Keep track of how many days your child has missed. Check in with their grades too. If you notice grades slipping, talk with your child about it.*

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- What's one thing that's going well at school?
  - Has anything felt hard or overwhelming about school lately?
  - Which classes seem to go slow or fly by? Why do you think that is?
  - Who are you excited to see during the school day?
  - What's one thing you're looking forward to about school? Anything you're dreading?
  - What song best captures your day at school?
  - On a scale of one to ten, how would you rate your day? What are some of the reasons you picked that number?

# KNOW YOUR SUPPORTS

It can be hard to keep up great attendance. It's always okay to reach out for help.



1

**Save the number for the school office in your contacts.** If you ever have challenges related to attendance, it's often the person in the office who will help connect you with help.

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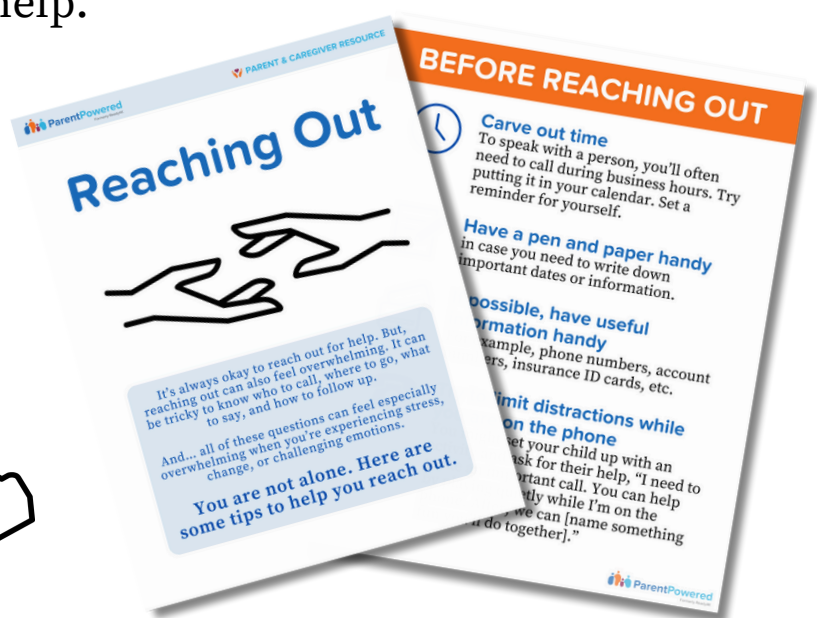
**Check in with your child's nurse or doctor** if you ever become concerned about their health, wellness, behaviors or emotions. These factors can have a big influence on attendance.

3

**Are there resources you need** in order to support great attendance, like transportation or childcare? There are many ways your school and local community organizations can help.

*Here are some tips for reaching out for support:*

Reaching Out Resource







# BOOST BELONGING

Research shows that when adolescents feel a sense of belonging in school, they're more motivated to go.



## CLUBS AND CLASSES

Encourage your child to sign up for clubs and classes that they're passionate about. After-school activities like sports and plays can help adolescents feel connected to school too. So can time spent in neighborhood spaces like parks, libraries, and community centers.



## YOUR CHILD'S CONNECTIONS

Encourage your child to check in with teachers, coaches, mentors, and friends. Even a hello or high five can actually help students feel connected.



## NEW ACTIVITIES

Encourage your child to try new activities. Is there a skill they've wanted to build? The school may offer opportunities to build that skill.