



## Reducing Chronic Early Absence Tips for Parents

- ❖ Make getting your child to school on time and every day a **top priority**.
- ❖ Set a **regular bedtime and morning routine**, including setting out backpacks and clothes the night before.
- ❖ **Avoid scheduling appointments and vacation trips** when school is in session.
- ❖ **Develop back-up plans for getting your child to school** if something comes up. Other family members and neighbors may be able to help.
- ❖ Make sure your child and the adults in your household get an **annual flu shot**.
- ❖ Enroll your child in health insurance, keep up with **regular medical care**, and get ideas from your child's doctor about recurring or chronic illnesses that may keep your child home from school.
- ❖ **If your child seems anxious** about going to school, talk to teachers, school counselors, or other parents to get advice on how to make her feel comfortable and excited about learning.
- ❖ **Don't let your child stay home unless she is truly sick**. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- ❖ **Tell your child's school and community agencies you trust about the barriers** that keep your children from attending school.
- ❖ **Ask your child's school to address systemic barriers** that are keeping your child or large numbers of other children from missing too much school, such as lack of before and after-school options, inadequate bus transportation, poorly kept sidewalks, or snow removal.

