



# How Parents Can HELP

*Parents and sponsors play a key role in establishing positive school attendance habits and routines, especially at the kindergarten and elementary school levels. Parental involvement in school attendance is also important for secondary school students.*

## Take action

- Know the DoDEA attendance policy.
- Report absences immediately.
- Model the value of education and stress the importance of attendance.
- Send your child to school every day, starting in kindergarten.
- Instill in your child that attendance is non-negotiable, unless they are truly sick.
- Ask teachers or the principal for missed school work, arrange to pick it up, and make sure your child completes the work.
- Contact the school if you become aware of an absence.

## Schedule

- Medical and dental appointments outside of school hours when possible.
- PCS moves to coincide with summer breaks or other scheduled school breaks when possible.
- Family vacations during holidays or school breaks.

## Stay involved

- Take an interest in your child's school work and be involved in the school as much as possible.
- Check each night to see that your child understands and completes the day's homework assignments.

## Ask questions about your child's day at school:

- » "What was your favorite part of the day?"
- » "What was your least favorite part of the day?"
- » "What was the most interesting thing you learned today?"
- » "Who did you eat lunch with today?"
- » "What are you most proud of today?"

- Locate potential sources of anxiety.
- If your child frequently appears upset or reluctant to go to school and cannot tell you why, schedule an appointment with their teacher or school counselor to talk about possible sources of the anxiety.
- Keep updated on school events and announcements such as back-to-school night and parent-teacher conferences.

## Promote good health and well-being

- Make sure your child eats a balanced diet and have opportunities to exercise daily.
- Ensure your child gets enough quality sleep - ideal amounts range from 8 to 12 hours.
- Encourage extra-curricular activities. These tend to increase school attendance and foster friendships.
- Make sure your child stays connected to the parent who is deployed or away by involving them in schoolwork. Have children write or talk with parents about what they are learning.