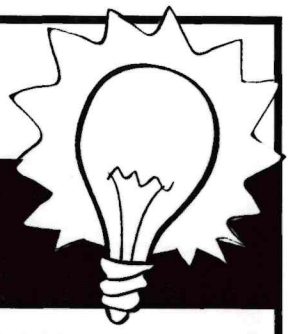
supporting kids ATTENDANCE



highlights

Regular school attendance in elementary school is linked to **academic achievement**, **social skill development**, and **long-term success.**

absences 101

Being absent multiples times throughout the year can significantly (and negatively) impact your child's academic development and social well-being – even if the absences are excused.

One of the most common reasons that elementary children miss school is due to **anxiety** or **not feeling connected** to others at school. This causes a negative cycle, because being absent often leads to increased anxiety about being behind, as well as fewer opportunities to make positive connections.

Chronic absenteeism also impacts a child's attitude about themselves, school, and their future.

did you know?

Missing just two days of school each month adds up to 10% of the school year! That's considered being chronically absent.

Plus, we really miss your child when they aren't here!

being proactive

- Set a regular bedtime (and stick to it)
- Create a morning routine for school days
- Talk to your child about things they enjoy at school and what they look forward to
- Think through what "too sick to go to school" vs. "not feeling great but can still go" looks like
- Make a backup plan for school transportation

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if your child is refusing to go

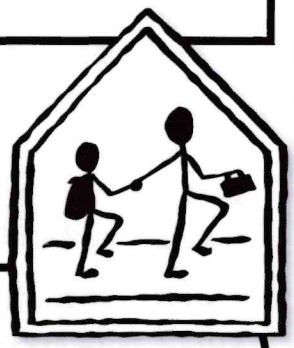
Listen and validate their feelings. Ask open-ended questions to identify the source of the problem, like "I can tell you're really upset about going to school. What is making this hard for you right now?" Involve your child in developing potential solutions, like role-playing conflict resolution strategies if they're having problems with peers. Consistently reinforce the importance of regular school attendance with your child and provide encouragement by celebrating small wins with praise or even a reward.

the impact

Academic Performance: Students who attend school regularly are more likely to perform well academically. According to the National Center for Education Statistics, students with higher attendance rates typically score higher on standardized tests.

Graduation Rates: Chronic absenteeism (missing 10% or more of school days) is a strong predictor of dropping out of high school. Students who are frequently absent are more likely to fall behind and less likely to graduate.

Long-Term Success: Regular attendance in elementary school sets the foundation for future success. Studies have shown that students who attend school regularly are more likely to graduate from high school and pursue higher education or vocational training.



support

Our goal is to **partner with parents and caregivers** to help support regular school attendance.

We understand that life can sometimes be unpredictable, and some absences are unavoidable.

However, if you are experiencing any **barriers** to **attendance**, such as transportation issues, family changes, or health concerns, we may be able to help.

Please reach out to us so we can get you the support you need!

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