

# EVERY SCHOOL DAY COUNTS

## Avoid Absences

- Avoiding absences will help your children do well in school and eventually in the workplace.
- Children who miss too many days in kindergarten or first grade can struggle in learning how to read.
- By middle and high school, missing too much school is a warning sign that a student may drop out of school.

## 10 Absences = Too Much

Students should miss no more than 9 days of school each year to stay on track. **Missing just 2 days of school each month puts your child in danger of falling so far behind that they will not graduate.**

## New Things To Learn Every Day

Every absence is a missed opportunity to learn something they will need in order to understand more difficult material later. It does not matter if absences from school are excused or unexcused, or if they are occasional or all in a row. Students can still fall behind.

**ATTEND. ACHIEVE. SUCCEED.** Every day counts, every student matters.  
Turn this page over for more tips.



# 5 WAYS TO REDUCE ABSENCES

## 1 Avoid Unnecessary Absences

Don't let your child stay home unless truly sick. Headaches and stomach aches may be signs of anxiety and not a reason to stay home.

Avoid medical appointments and vacations on school days. Schedule appointments during non-school hours.

Do not ask older students to help with daycare or household work during school times.

## 2 Create Routines

Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.

For younger children, lay out clothes, and pack lunches and backpacks the night before.

## 3 Have a Back-up Plan

Work with your family, friends and neighbors to create a back-up plan to get your child to school in case of emergencies.

## 4 Family Goals & Rewards

Talk about the importance of showing up to school every day and make it a priority.

Set a goal for your child and reward them when the goal is met.

## 5 Ask for Help

Work with your school to address attendance issues related to anxiety, transportation, health, or school performance.

## KEEP TRACK AND LIMIT SCHOOL ABSENCES:

Set a goal of less than 10 absences and use the table below to track absences:

Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Absence 1 Reason:	Absence 2 Reason:	Absence 3 Reason:	Absence 4 Reason:	Absence 5 Reason:	Absence 6 Reason:	Absence 7 Reason:	Absence 8 Reason:	Absence 9 Reason:	Absence 10+ Note: Your child is more likely fall behind in school with each absence.