

How Can I Help My Child Attend School Regularly and Be On Time?

Establish a Routine



- Set a consistent daily schedule and stick to it.
- Determine regular bedtimes and wake-up times.
- Do not let television or play time interfere with the schedule.

Involve Child in Decision-Making

- Include your child in discussions about lunch options, their clothes selection for the next day or after-school activities.
- This will give them a sense of ownership and accountability. Of course, you as the parent, can control the ultimate outcome.



Address Attendance/School Issue Promptly



- If your child is reluctant to go to school, investigate the reasons *right away!* Work on the solutions together and include school staff, if needed.
- Communicate openly and allow the child to express their feelings freely. Encourage them to share any worries they might have and address them together.

Foster Fun Learning Habits

- Engage in educational activities at home, like games, puzzles, or projects, to show that learning can be enjoyable.
- Share your positive school experiences and lifelong learning journeys.
- Set small achievable goals such as being on time for school every day in a certain month or having no absences for 2 weeks straight.



Celebrate Achievements!



- Acknowledge both big and small accomplishments.
- This will boost your child's confidence and encourage everyone, including you, to stay on track.
- Set new goals as goals are tackled and set a doable celebration such as a play date with friends.



JASMINE'S

DAILY SCHEDULE

THIS IS A SAMPLE. Customize it to fit your child's school times and family activities.

TIME	ACTIVITY	M	T	W	TH	F
7:15 AM	WAKE UP TIME! Time for daily self-care (body and teeth!) This sets the tone for a successful day.					
7:40 AM	BREAKFAST (skip this if student eats breakfast at school)					
8:00 AM	TIME FOR THE BUS!					
4:00 PM	HOME SWEET HOME					
4:15 PM	HOMEWORK TIME Enjoy a light snack or beverage while doing homework.					
5:00 PM	FREE TIME! Read, play a game, or outside play time.					
6:00 PM	DINNER! Let's eat something good and healthy!					
7:00 PM	BATH TIME I'll sleep better and will be ready for the next day.					
7:30 PM	NIGHTTIME PREP Select your clothes the night before and make sure everything you need for school is ready to go!					
8:00 PM	GOOD NIGHT and SLEEP WELL!					

Check off each day that the task is completed. Reward those checks! Make it fun!



Don't forget to celebrate achievements!