

## When elementary students miss school, they miss out on a lot

If your child misses just one day a week of school, he'll have missed more than two and a half years of class time before he graduates! Even missing one day a month quickly adds up.

Frequent absences result in lost learning time in critical subjects like math and reading, as well as class discussions and demonstrations. Even doing extra homework will not make up for the things your child misses when he's out of school.

So what can you do to make sure your child's attendance is regular?

- Prep the night before. Teach your child not to leave for tomorrow what he can finish tonight! That means his backpack is loaded and waiting at the door. His clothes are laid out. His lunch is packed. The less scrambling he has to do, the less likely he'll be to miss the bus.
- Enforce a sensible bedtime. Your child needs sleep to function, so be sure he gets enough. Occasionally staying up late to finish an assignment isn't a crisis, but it shouldn't become a habit.
- Stick to a morning routine. Have your child wake up at the same time each day, so he has enough time to get ready without rushing.

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