



# Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

## DID YOU KNOW?

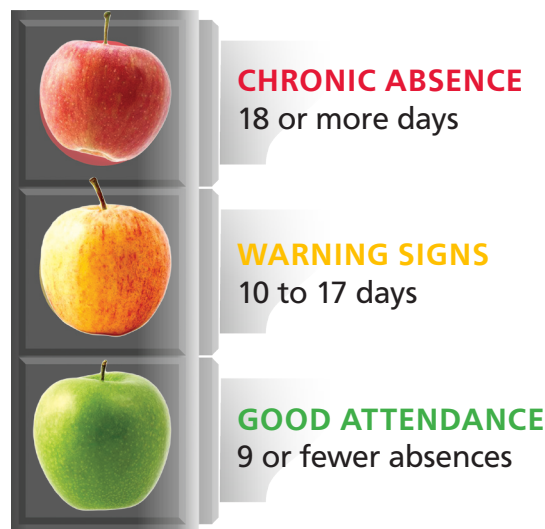
- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

**Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.**

## WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

## When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

For more on school readiness, visit [attendanceworks.org](http://attendanceworks.org) and [reachoutandread.org](http://reachoutandread.org)



# 幫助貴子女學業成功： 要盡早養成一個好的出勤習慣

學業成功與好的出勤率是密切相關的！

## 你是否知道？

- 在幼稚園開始，太多缺席能導致兒童的學業退步。
- 有百分之十（或大約18天）的缺席能夠使閱讀學習方面帶來困難
- 若學生每幾星期有一天或兩天缺席亦能使他們在學習方面退步。
- 上學遲到可以引致差的出勤率。
- 若老師要緩慢教學進度去幫助缺席的學生追上課程，是會影響全班同學的學業。

定期上學會幫助學生對學業——和對他們自己有更好的信心。要在幼稚園開始培養這個習慣，使他們能夠及時學習到每天準時上學的重要性。好的出勤率將會幫助兒童在高中、大學和工作上能夠有更好的表現。

## 你能夠做些甚麼？

- 設定睡眠時間和早上的程序。
- 在晚上預備好第二天要穿的衣服和整理好書包。
- 要知道開學日期和確定貴子女已經注射所有規定的防疫針。
- 在開學前介紹老師和同學給貴子女認識，幫助他渡過開學時期。
- 除非貴子女真的患病，否則不要讓他留在家中。要知道說肚痛或頭痛是焦慮的一種徵狀而不是留在家中的理由。
- 若貴子女似乎對上學有焦慮，請與老師、教務主任、或其他家長傾談，聽取有關怎樣使他對學習感到舒服和興趣的意見。
- 要有上學的后備計劃，若有事情發生，要求家人、鄰居、或其他家長幫助。
- 避免在上學期間約見醫生和延長旅行時間。

## 在甚麼時候缺席 會變成問題？



注意：這些數字是假設學年有  
180天

欲知更多有關預備上學的資料，請瀏覽下列網站：

[www.attendanceworks.org](http://www.attendanceworks.org) 和 [www.reachoutandread.org](http://www.reachoutandread.org)