PreK→K Florida Transition to Kindergarten

Showing Up for Success:

Attendance Tips

Young children who are frequently absent from school miss out on friendships, learning activities and shared experiences needed for a sense of belonging and success. Scientific studies show that missing just a couple days of school every two weeks can add stress and make it harder for a child to learn and develop the skills to be successful in class. Unfortunately, 1 out of 10 children miss more than a month of school each year.

If your child has chronic attendance issues, you can use these tips to build good attendance habits:

- Setting a regular early bedtime and establishing bedtime routines will help provide your child with the rest needed to approach each day ready for success.
- Bedtime routines may include baths, brushing teeth, reading a book and should allow plenty of time for children to prepare for bed.
- Reading with children or playing soft music before bedtime quiets and calms children allowing them to fall asleep more easily. It is suggested that children avoid the use of electronic devices before bedtime.
- Establish morning routines. Families should set their alarm clocks for the same time each day to allow adequate time to complete morning routines and reduce unnecessary stress
- Allow time for the unexpected. Have clothes, lunch and backpacks ready the night before, and get up with plenty of time to get to school.
- If you need assistance dropping off or picking up your child, ask family members, neighbors or other parents to lend a hand. Be sure to check the school's security policy in advance.
- If frequent stomachaches or headaches are keeping your child out of school, the cause could be stress or conflict. If your child seems nervous about going to school, speak with a teacher or counselor for advice on how to make them feel comfortable.
- Ask for help when you need it. School staff, after-school program providers, other families or community agencies are there to help you and address obstacles to attending school.

DIVISION OF Early Learning
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