

# Hints & Tips



- Be prepared. Make sure your child has the required equipment and clothing.
- Prepare lunches and ensure homework is done the night before.
- Make sure they have a good night's sleep. Children need more sleep than adults.
- Talk to your child about the importance of going to school and being on time.
- Set clear limits around time spent on computer games, watching TV and the use of cell phones
- Plan appointments and family holidays for after school or during school holidays.
- Stay involved in your child's life. Ask about their day, their friends, teachers, dreams and aspirations.
- Keep in regular contact with your child's teacher. Attend Parent Interviews and show an interest in your child's achievement.
- Ensure you let the school know if your child is going to be away or late for any reason. A phone call or text is all it takes.
- Ask for help and support if you or your child need it. Talk to your child's teacher or the Principal if there are any circumstances that may affect your child's behaviour or impact on their attendance.
- It is crucial to keep your child attending school even if they are feeling anxious. Avoidance of school will only increase and reinforce your child's fears over the long term, and make it increasingly more difficult for them to attend.