

#projectbehere

attendance matters

Helping children gain confidence and build coping skills

Does your child put up a fight when it's time to go to school? Does he or she beg to stay home, have a tantrum and refuse to go to school? This, as well as, trying to avoid school by faking sickness, crying and clinging to you, can be a sign of anxiety.

Sometimes children feel uncomfortable or uncertain about their ability to get along with others. Your child may be concerned about a specific program or something that happened on the bus or playground. Maybe a student has been mean, or a bully, to him or her.

Kids sometimes can't express their fears or understand what the problem is.

Here are some signs that your child may be experiencing stress or worry:

- Headaches or stomach aches
- Sleep difficulty or nightmares
- Avoiding peers or family activities
- Not being able to focus on tasks
- A drop in grades
- Changes in emotions

The “Every Student Present” campaign, offers five ways to help children reduce stress:

- **Get enough rest**
 - Children ages 4-6 years need about 10 to 12 hours of sleep

- Children ages 7-12 need about 10 to 11 hours of sleep
- **Know what to expect in new situations**
 - Think about any experience that makes your children worry and walk through the activity together.
 - Let children know that it is okay to make mistakes and talk to them about how we can learn from mistakes. Let them know they don't need to be perfect, just do their best.
- **Avoid too many activities or responsibilities**
 - Have your children select the one or few activities that are most enjoyable and important to them rather than do as many as possible.
 - Be sure to give children tasks that they can do as their jobs and be sure you don't give them tasks that are adults to do.
- **Find healthy ways to deal with stress**
 - Getting rid of stress through action (e.g., exercise, sports) can help some children. Others may need to find a space to be alone and have some quiet time. Give your children some time to 'let off steam' or 'collect their thoughts', and be sure you give them time to talk to you so you can learn what is bothering them.
 - Teach them calming breathing techniques and remember to use them yourself.
 - Be a good example of how to deal with stress. Be sure to avoid reacting in an angry manner when you have had a "bad day."
- **Be patient**
 - It can be difficult when children worry about things you feel may not be a problem. But be sure your children know you will support them and help find ways to "get through it."

If you are having difficulty getting your child to come to school, please talk with your child's teacher. We can work together on finding solutions. Sometimes, a bit of extra attention will help.

If your child constantly resists going to school, is so distraught that he or she can't stop crying, or shows other signs of anxiety like nightmares or a fear of being left alone, talk with your pediatrician.



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If your child does not want to come to school, let's find out why.
Please talk with your child's teacher and we'll work together to address issues and concerns.
Daily attendance is the first step toward academic success.
Be Here . . . because attendance matters.