



Supporting Attendance

How can you support attendance at home?

Simple routines at home help every child arrive ready to learn.



After school

A clear hometime routine

- Time to play
- Have dinner and chat about their day
- Listen to your child read

Using a screen after school? Make sure it is not stimulating, and always check the content is suitable.



Bedtime

A relaxing, regular, early bedtime routine

- Get school clothes ready
- Shower, pyjamas, brush teeth
- Read a story to your child and say goodnight

Screens off early: avoid any screen time an hour or two before bedtime.



SCREEN-SMART TOP TIP

No screens an hour or two before bed, none before school, and always check that content is suitable.



Clear, structured morning routines

GET READY

Healthy breakfast – **avoid sugary foods**

Dress in **school uniform**

Brush teeth

SCREEN-FREE START

Avoid any time on screens before school. Instead, **encourage play and reading.**

READY TO GO

Have the **school bag and shoes near the door**, ready to go.

★ Be excited for the day ahead

Be excited for your child about the day ahead at school.

Remind them about what's coming up in their day.

Talk about your plans too – this can help them know that everyone has a busy day ahead.



Arrive in plenty of time

Get to school in plenty of time and avoid a rush.

Remember: school gates open at 8.30am and registration is at 8.40am.