What can families do?

- Help your child maintain daily routines such as finishing homework and getting a good night’s sleep.

- Meet your child’s friends (have a face to face) – know who their friends are. Peer pressure can lead to skipping school, while students without many friends can feel isolated.

- Stay on top of academics, seek help from teachers or tutors if needed. Make sure teachers know how to contact you at all times (cell phone, work, etc...)

- Talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.

- Plan doctor appointments and vacations outside of school hours, whenever possible.

- Ask for help from school officials, after school programs, other parents or community agencies if you are having trouble getting your child to school.

Each situation is different, one size does not fill all cases. Let’s work together to resolve any issues.