

We also recognise that it can be challenging as a parent to encourage a child who really doesn't want to attend. We are sure you are using most, if not all of these conversation pointers (below), but there might be something new here to try:

School is worthwhile! It will open doors for your future; be it socially or academically. **It's about choosing to invest in you now for the later you.**

Have **clear routines** for the **evening** before (to avoid tiredness): school bags packed; uniform ready; no devices an hour before bed; sleep at a reasonable time to ensure **an easier start the next day!**

Have **clear routines** for the **morning**. No surprises= less worry or challenge.

Be firm on colds and sore throats; **wherever possible, send your child in**, and if they are really struggling, we will call you.

Don't offer for your child to stay at home. Ensure message is that **school might be a good distraction** and that the office will call if they are struggling with an illness.

Gently share with your child **the impact** of having many days off school and **praise** resilience.



If possible, ensure any days at home are **tech-free; caring, but without the fun!**

