

Central  
Bedfordshire

great  
prospects

Helping  
your child  
achieve  
their best

Getting it right when your child starts school means children learn more and family life is happier and healthier.

A great place to live and work.

Find us online  [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

For  
parents  
with children  
aged 3-8  
years old

# Happy children and happy adults!

Discussing life plans and ambitions with your child can be fun. You can open their minds to endless possibilities and opportunities; the world is their oyster and they can reach for the stars! Whether they want to be an astronaut, doctor, TV journalist, or teacher... what you do with your child now can really help them on the first steps of this journey.

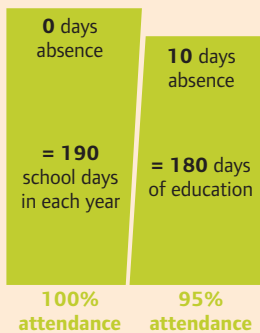
Research has shown that if your child is **absent for just seventeen days a year this could mean they are far less likely to be able to read or write when they leave primary or lower school.** If your child's annual **attendance is 85%, they have missed 29 days schooling, which approximately is half a term.** Similar statistics relate to arriving to school late; arriving at school **regularly 15 minutes late, can result in up to 10 days lost.**



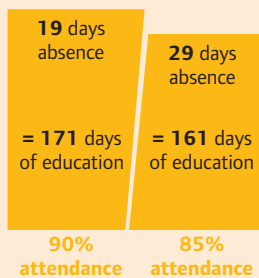
## Every minute counts and attendance matters!

Good attendance means...

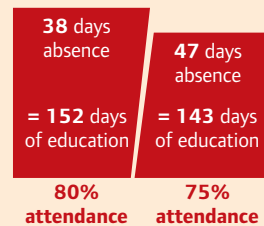
being in school at least 95% of the time or 180 to 190 days.



Best chance of success  
**Well done!**



Poor attendance – less chance of success  
**You should be concerned**



Very poor attendance – serious impact on education and reduces life chances  
**You should be seriously worried**

There are 175 non school days a year  
...all this time for shopping, holidays and appointments

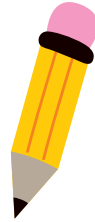


# Getting your child into a good routine now will help them later

## Helping your child to be in school

### Understand that school is important

Does your child understand that learning and school are important? By ensuring that your child attends both regularly and on time, even if they don't feel 100%, they will learn positive lessons for life in the future.



School is also a place where children and parents build friendships – a key part of a child's happiness and being late can mean that opportunities to form and maintain friendships are missed. Happy children learn better!

### Be prepared

Spend time with your child the evening before school making sure that their uniform and shoes are all together and their bag is packed with all that they need for the next day.



### Don't be too tired to learn

Do make sure that your child goes to bed at a sensible time and isn't distracted by having the TV or electronic games to disturb them when they are in bed.



### Be up to get to school on time

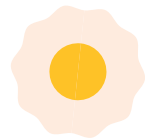
Do plan with your child the time that they need to be out of bed by, what time they should be dressed by and when you need to leave home so that they arrive at school on time.



Helping your child to set an alarm clock at night can be a good way of getting into a routine.

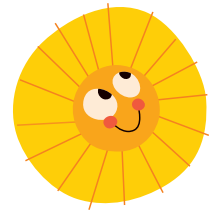
### Eat breakfast

Breakfast is a really important part of helping your child to be ready to concentrate and learn.



### Have time to talk through the day

At the end of the school day, make sure that you have the opportunity for a quiet time to talk to your child: chat about what they have been doing, celebrate their successes and achievements. This will reinforce how much you value their education. Taking time to talk to them may also make you aware of issues that are troubling them: knowing about these as soon as possible mean they can be dealt with before it affects their behaviour or willingness to attend school.





### Let staff know of any issues at home

There are often situations that arise at home which may have an effect on your child's behaviour or ability to learn. These can be things like a member of the family who is ill or perhaps dies, family break ups or even losing a pet. It's really important that the school is aware of issues like these, as it may mean the school can offer some extra support to your child or deal with changes in behaviour in a different way than they normally would.



### Talk to adults

Reassuring your child that it is normal to not understand everything and that asking for help is a really good thing to do.



### Avoiding minor illnesses

The NHS campaign of using a tissue, blowing your nose and putting dirty tissues in the bin has shown that children are less likely to be unwell. Also encourage your child to wash their hands regularly, after using the toilet, before and after eating and at other times of the day. This can benefit the grown-ups too as illnesses contracted by young children are frequently passed to their parents and carers and adults are often much sicker!



**Getting it right when your child starts school means:  
mornings are easier  
children learn more  
everyone is healthier**

**Happy children and happy adults!**

**Follow us on Twitter and Facebook for ideas and video clips on how to help prepare your child for school.**



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