



Building Healthy Habits: A Practical Guide



For Better Attendance:

- Set a regular bedtime
- Prepare clothes and backpacks the night before
- Wake up at the same time each day
- Schedule doctor visits after school hours when possible

For Better Home-School Connection:

- Read school messages and notices
- Attend parent-teacher meetings
 - Ask your child about their day
 - Reach out to the teachers with questions

For Building Routines:

- Wake up on time
- Eat a healthy breakfast
- Start homework at the same time each day
- Limit screen time
- Go to bed at the same time every night

Coming to school every day helps your child:

- Learn new skills
- Build friendships
- Stay on track with schoolwork
- Feel confident

