

BUILDING STRONG PARTNERSHIPS WITH FAMILIES IN ELEMENTARY SCHOOL

Helping families stay involved—even from home—makes a big difference for students. When parents and caregivers are active partners, kids tend to have better attendance, stronger grades, and more confidence. Use these tips to build trusting, helpful relationships with the families you work with.

HEALTHY HABITS

Share Why Sleep Is Important:

Children need 9–11 hours of sleep each night. Good sleep helps with focus, memory, and mood.

Support No-Tech Bedtimes:

Encourage families to turn off screens at least 30 minutes before bed to help kids fall asleep easier and sleep better.

Encourage Daily Movement:

Let families know that exercise—like playing outside or joining an after-school club—can improve learning and happiness. Add movement breaks into your lessons to support this at school, too.

Help Limit Screen Time:

Too much time on tablets, phones, or video games can affect how kids learn and feel. Suggest alternatives like reading, puzzles, or playing outside.

ATTENDANCE

Talk About Why Attendance

Matters: Explain to families that many learning activities, like group work and hands-on projects, can't be done at home. Being at school also helps children build friendships and teamwork skills.

Help Families Understand

Tardiness: Some kids feel nervous or embarrassed about coming in late. It may be easier for them to skip school than walk in late. Work with families to build morning routines that support on-time arrival.

Explain Absence Rules:

Remind families to check the school's "too sick for school" policy so they know when to keep their child home and when it's okay to send them.



SUPPORTING EMOTIONS AND MENTAL HEALTH

Talk About School Anxiety:

If a child seems anxious about school, encourage families to discuss it calmly and work through the issue together. Let them know it's okay to ask for help and that trying matters.

Share Mental Health Contacts:

Ensure families know how to reach the school counselor or community support programs. Many caregivers don't know what help is available.

SCHOOL & LEARNING SUPPORT

Teach Organizational Skills:

Ask families to help their child stay organized with simple routines, like packing their backpack each night or using a homework folder.

Recommend Daily Check-Ins:

Remind caregivers to ask

- "Do you need help with anything in your backpack?"
- "Did your teacher send anything home today?"

FAMILY COMMUNICATION

Promote Tech-Free Family Time:

Suggest that families turn off devices during dinner and talk about their day.

Share conversation starters like:

- "What made you smile today?"
- "Did anything surprise you?"

This helps children feel connected and builds trust.

Remind families that childhood is full of big changes. Caregivers can provide a safe place for their child by being calm and supportive.