Kids + School
Sometimes it’s hard to get kids to school

Here are some ideas to help make it easier:

Keep it simple - Do the same things each day so kids know what needs to be done to get ready for school and ready to learn. For example, wake up, have breakfast, pack the school bag and leave the house at the same time each day. Set a simple routine.

Planning and organisation - Be organised. Know what’s on at school. Have a family calendar. Have a set place for kids to put their bag, shoes and other school items. Have a set place to do homework. Then there can be no excuses about lost or forgotten items!

Set rules and expectations - Let your kids know that you expect them to go to school because it’s important - not just to you, the community and the school but for them and their future.

Show that you value learning - Don’t talk negatively about school in front of the kids. Talk up school and what it can offer. Be interested in what kids are learning at school. Ask questions or get them to teach you something.

Reward - Praise your kids for the little things. Set small goals daily or weekly. Don’t just talk about the distant future of needing school to get a job. Kids don’t often think that far ahead!

Opportunities for a ‘fresh start’ - Sometimes it’s best to put the past behind us and start again in a more positive way. Give kids the opportunity to put past negative behaviour or attendance issues behind them.

Role Models - You can set an example but so too can older kids or other young adults. Kids sometimes respond better to other young people rather than their parents or other adults.

What if they just won’t go?

Keep trying - It takes a while to break a habit and it takes time to form a new one. Don’t give up! But, if you’re finding it really stressful - you need to know you are not alone. Tell someone at school.

Understand why your child doesn’t want to go school - Is it because of something like incomplete homework, not having the right uniform or friendship problems or is it something deeper like anxiety, depression, bullying? Address the real source of the problem.

Trust the school - talk to the teacher, the AEW or the Principal. They want your kids at school as much as you do.

Developed by Aboriginal and Torres Strait Islander Families for Aboriginal and Torres Strait Islander Families