

SEPARATION ANXIETY TIPS

Separation anxiety is a normal stage of development for babies and young children. Both children and parents may find this phase challenging, but with the right strategies, the transition can be smoother for everyone involved.

1



Plan a special goodbye ritual: Create a unique ritual with your child, like a special handshake or goodbye song, practiced during calm moments.

2



Practice through play and reading: Engage in one-on-one playtime with your child, using pretend play and reading books that address separation feelings.

3



Provide information and familiarize: Share classroom details, arrange playdates with classmates, and practice the goodbye ritual near the school.

4



Introduce a security item: Offer a transitional object to help your child feel secure during separation, such as a small picture or lovey.

5



Plan a special activity after school: If possible, pick your child up yourself and plan a treat for the end of the day.

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