

Separation Tips

* Try to establish a routine of leaving so that your child will know what to expect. As your child begins to understand the routine, the protest will cease.

* Stay for a few minutes and allow your child to move about in the classroom on his/her own.

* Don't slip out or "disappear" If a parent disappears, the child then learns not to trust the parent and it makes the separation worse. Just say, in a matter of fact tone, that you are leaving.

* Even if you are hesitant yourself, put on a brave face and tell your child you must leave – and then leave. Refrain from coming back into the room at the first sign of protest. We will reassure and provide emotional support for your child.

* Please understand the distress is simply one sign of your child's attachment to you. On the other hand, don't be concerned if your child doesn't show distress; It's not a sign of lack of attachment, just the outcome of a different personality.

* Most crying episodes will stop by the end of the second week. If the crying persists, please talk with us and we will try something new.

* Children from three to six years of age will show distress seemingly out of the blue. Possible causes include breaks in the family routine, not enough sleep (most preschool children need about 11 hours of sleep a night)

Please be patient. It takes time, patience, and consistency.