

Starting School: Helpful and Healthy Ways to Ease Separation

Say "goodbye" the same way, each day. A good bye plan is reassuring. It could be a special wave as he/ she is getting on the bus or a goodbye hug ritual.

Ease your child into being away from you. Give him or her chance to be with other caregivers and practice over the summer months.

Praise and encourage your child's efforts and support their independence. Notice when they accomplish their responsibilities at home.

Always stay calm during separating from your child. If you stay calm, it is more likely that your child will.

Respect that school personnel can help children that may show some worry as they enter the school building. The teacher will let you know if there is cause for concern in the classroom.

Anticipate a possible separation issue. If your family schedule is going to change, discuss that with your child.

Think about minimizing screen time to 30 minutes each day with content that is appropriate for young children.

If your child separates from one family member more easily, let that person bring your child to school.

Only keep your child home from school if they are truly sick. Keeping them home because they don't want to go to school will likely make it harder to break the pattern.

Never underestimate your child's feelings. However, be clear and consistent that attending school is a rule that must to be followed.

References:

Robinson, Lawrence et al. February 2015. Helpguide
Caring For Your School Aged Child: Revised. 2002The American Academy of Pediatrics