

Separation Anxiety

Amy Cornell, school counselor

Allow your child to have supervised time away from home. Have them spend the night at a grandparent's house. Get them involved with sports, Brownies, Cub Scouts.

Have rituals in the morning and at bed time.

Do not give in to children. Let them know it will be alright when you leave.

Remind the child of previous brave things they have done. Talk about how their favorite fictional character may handle it.

Listen to your child, but do not be overly sympathetic.

Do not bribe or bargain with the child to mask the distress. If you plan a special activity when you pick the child up, let it be unconditional.

Focus on the positive things that happen in day care/school.

Pair the child up with a "buddy" at school to help them adjust.

When leaving, give a quick kiss and hug and cheerfully say goodbye.

Don't prolong your departure or come back several times.

Don't sneak out of the room.

If your child stays home, do not make it an extra fun, gratifying day.

If your child sheds a few tears when you leave, do not worry. Most children's tears disappear once mom or dad leaves. If a child is clinging and crying, the best thing to do is leave quickly. Someone will most likely let you know if it continues.