

An illustration of a family scene. On the left, a woman with long blonde hair is looking towards a window. In the center, a young child with blonde hair is standing with their back to the viewer, reaching out towards a window. On the right, a man in a blue plaid shirt is leaning forward, looking at the child. A teddy bear is visible on a surface behind the woman. The background shows a window with green foliage outside.

Do's & Dont's of *Separation Anxiety*

❌ Don'ts

- Sneak away when your child isn't looking. It can increase anxiety

✅ Do's

- Provide a Transitional Object
- Offer a comforting item like a favourite stuffed animal, your scrunchie, or family photo for your child to keep with them during the day.



Do's & Dont's of *Separation Anxiety*

❌ Don'ts

- Use rewards as a way to have a peaceful drop off

✅ Do's

- Create a special handshake, wave, or goodbye routine to make the separation easier

An illustration of a woman with long brown hair in a pink shirt and a man with glasses in a blue shirt talking to a crying child in a classroom. The child is holding their mouth and looking distressed. In the background, there are shelves with books and a teddy bear.

Do's & Dont's of *Separation Anxiety*

❌ Don'ts

- Threaten consequences on the way to drop off

✅ Do's

- Humm or sing their favourite song in the car on their way to drop off



Do's & Dont's of *Separation Anxiety*

❌ Don'ts

- Return to the room based on your child's plea, as this can reinforce their anxiety

✅ Do's

- Be Consistent
- Stick to a goodbye ritual and leave promptly

An illustration of a woman with long brown hair, wearing a pink shirt, looking down at a young child with brown hair in a ponytail, wearing a blue dress and a green backpack. They are in a classroom with a blue door and a bulletin board in the background.

Do's & Dont's of *Separation Anxiety*

❌ Don'ts

- If your child is not showing signs of worry or fear, avoid introducing these ideas unnecessarily

✅ Do's

- Play hide and seek at home, or have quiet time just out of sight, to give your child practice and fun with separating



Do's & Dont's of *Separation Anxiety*

✘ Don'ts

- Make unrealistic promises for when you'll be back to see them (eg. see you after nap time, be back in a few minutes, etc.)

✔ Do's

- Provide calm reassurance and tell them that you'll return (eg. see you this afternoon, can't wait to hear about your painting at 4pm, etc.)



Do's & Dont's of *Separation Anxiety*

✘ Don'ts

- Prolong goodbyes
- Extended farewells can make the transition harder for your child

✔ Do's

- Have a plan for how to keep your nervous system and your child's nervous system calm before and during drop off (icy water, music, fidget toy)