



Separation Anxiety

Your child may experience separation anxiety periodically throughout the school year, especially after extended absences or any changes at home. This anxiety is created by a fear of separating from a parent or caregiver. However, it may be expressed as a fear or dislike of preschool (e.g. "I don't like..." "I don't want to..." or I'm afraid of...")

In order to minimize these experiences for your child, we urge you to allow ample time to prepare for preschool in a relaxed, unhurried manner. Include a time together of closeness, talking and touching to re-affirm your child's sense of security and attachment enabling him/her to move towards independence and self-reliance. After this time together, your child will be ready and willing to leave home for preschool.

Upon prompt arrival, say good-bye to your child, re-assure your child of your return and facilitate a quick transition between yourself and a teacher. Please remember that young children have difficulty dealing with two points of reference; it is unfair to ask a child to choose between parent and teacher.

Your positive and confident attitude will allow for this transition to occur with greater ease and reinforce your child's sense of security. If this transition becomes difficult, continue to re-assure your child and say god-bye. Please avoid sneaking away as your sudden disappearance will cause more anxiety for your child.

The vast majority of children settles quickly into the classroom routine and happily engages with their peers, the activities and their teachers. If your child is unsettled for an extended period of time and cannot engage in an activity, we will call you to pick up early.

Punctual pick-up at the end of class is equally important in order for your child to continue to have confidence in established attachments.

In the event that this separation anxiety persists, we recommend an appointment be arranged to meet with the teachers to brainstorm for possible options.

10 Helpful Tips for Dealing with Separation Anxiety

1. Arrange a visit to the preschool with your child to meet the teachers before classes begin.
2. Read realistic stories with your child in advance to help prepare him/her for the first day of class.
3. Be positive-any anxieties you feel will be transmitted to your child.
4. Allow plenty of time to get ready for preschool so that your child will feel calm on arrival.
5. Arrive on time!
6. Keep good-byes short and sweet; re-assure your child of your return. Please do not sneak out without proper good-byes.
7. Leave the premises!
8. Be prompt at pick-up time.
9. If you have any concerns, bring them to the teachers' attention when your child is not present.
10. Have faith in your child and your teachers.