

Stress-free separation for preschool parents & children

No Parental Guilt!

Parents often feel guilty and distressed about their child's natural reaction to a separation and may unwittingly prolong and reinforce a separation reaction. There are two ways in which a parent can go wrong here: By leaving too soon and by not leaving soon enough. You walk a fine line, and choosing the perfect moment to make your move can be tricky. But whatever you do, be sure to say goodbye. Don't just sneak out as soon as your child's attention is diverted. On the other hand, don't linger. Reassure your preschooler through your words and your actions that everything will be fine in your absence and that you will come back for him soon.

Joan LeFebvre is an Area Family Living Agent with the University of Wisconsin-Extension.

<http://parenting.kaboose.com/age-and-stage/helping-preschoolers-cope-with-separation.html>

Be calm and consistent. Create an exit ritual during which you say a pleasant, loving, and firm goodbye. Stay calm and show confidence in your child. Reassure him or her that you'll be back — and explain how long it will be until you return using concepts kids will understand (such as after lunch) because your child can't yet understand time. Give him or her your full attention when you say goodbye, and when you say you're leaving, mean it; coming back will only make things worse.

The Nemours Center for Children's Health Media is a part of The Nemours Foundation, a nonprofit organization created by philanthropist Alfred I. duPont in 1936 and devoted to improving the health of children.

http://kidshealth.org/parent/emotions/feelings/sep_anxiety.html#

Sometimes, the stages last for a few days, sometimes it can last for a month or two. But it can, and will, stop. Here's a couple of techniques to help get through this difficult time with your preschoolers.

- Reassure them. Explain where you are going, and when you will come back.
- Create a routine that you both follow every day. This will give consistency to their otherwise crazy world.
- Make short, but meaningful goodbyes. Just like Band-Aid removal, the sooner you "rip" it off, the sooner it's over and done with.

Consistency is the main objective for your little one.

David Lisk is the director of Arrowood CDC in Charlotte, North Carolina. Born and raised in the area, his family started a daycare center when he was born and he has been intimately involved since then. As an educator, he has worked with children of all ages, but truly enjoys the preschool age. He and his wife live in Steele Creek area and have two solid black cats named Pinot and Merlot.

<http://www.examiner.com/article/separation-anxiety-and-how-to-deal-with-it>

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How can you treat separation anxiety?

Luckily, there are a number of things parents can do to help ease and even prevent separation anxiety, including:

- Encourage independence early. Young children, especially those who are shy and sensitive can benefit from time away from parents. Drop them off with a grandparent or a sitter, and tell them the time you'll be back. Be sure to show up when you say you will, as this is key in helping children trust that you will come back for them at the end of the school day.
- Learn to calm yourself. Kids can read when their parents feel anxious, even when you say otherwise. Peter Mayer suggests learning how to take calming breaths and practice relaxing your face muscles in front of a mirror.

Separation Anxiety 101 By Alisa Stoudt

<http://www.education.com/magazine/article/separation-anxiety-101/?page=2>

How to Manage Preschool Separation Anxiety

By [Amanda Rock](#), About.com Guide

1. **Say goodbye.** The simplest of the steps, it's also the hardest to do. But do it you must. Give your child a hug and a kiss, tell her you'll be back soon and then walk out the door. Don't delay, don't give her "one more minute," don't linger, hoping that she'll miraculously start smiling and laughing, happy to go and play with her preschool chums. You've brought her to preschool and now it's time to let her get to the business of being a preschooler.
2. **Trust your child's teacher.** Preschool teachers, even newly-minted ones, know kids. They've done this before and have many ways and methods in their bag of tricks to help calm your little one down. From redirecting to a new activity to simply giving your child a hug and offering comfort, preschool teachers are masters at knowing what works and what doesn't when it comes to making kids happy. You [chose this preschool](#) for a reason, let the staff prove that your instincts and research was well-founded.

<http://preschoolers.about.com/od/learningeducation/ht/How-To-Manage-Preschool-Separation-Anxiety.htm>