

Separation Tips

Be reassured that it is a normal stage of development for children to feel anxious when saying goodbye. It is our role to ease these anxious feelings. Some children settle quickly and some children take longer. Remember transition involves a child's identity, leaving one setting, and developing a sense of belonging within the new setting.



Be confident

Your children look to you for how to react and respond accordingly. If you trust the environment and that your child is capable and competent, you are well on the way to a successful start to school.

Develop a morning routine - have a plan!

Develop a morning routine that is short and simple. Set limits and keep to the plan. Reception children know the routine for when they arrive. Once they have unpacked their bag, signed in and settled to a learning activity say goodbye.

After saying goodbye, leave quickly

Hesitating when saying goodbye, waiting by the door or the window will make your child feel that there is something to worry about. Short goodbyes reduce the build up of anxious feelings. Be confident and positive!

Always say goodbye

When it is time to leave, say goodbye and reassure your child that you will return. Being consistent will help your child become confident with the routine. Some children require more reassurance and an educator will support the happy goodbye process.

Get someone else to drop off

If you are feeling too emotional or finding it difficult to separate from your child it may be better to have someone else drop off for a while. If Mums and Dads can share the school drop offs it shows that everyone is comfortable with the environment.

Arrive before 8:50 am

Arriving calmly on time helps with routine. Seeing children follow routine and settle to an activity is reassuring for your child. Returning from a weekend or holiday may require extra persistence and resilience to be successful.

You're braver than you believe.
Stronger than you seem.
And smarter than you think.

Christopher Robin in Pooh's Grand Adventure



Best starting school books

