



SEPARATION ANXIETY

During the First Days of Kindergarten

TIPS FOR PARENTS AND CAREGIVERS

It is natural for a young child to feel anxious about separating when starting the school year. It can also be a stressful time for parents. As a parent, the first thing to do is check in and be honest with yourself. Are there feelings of apprehension and dread about leaving your little one at school? Do you get frustrated or exasperated at your child's resistance, meltdowns, and/or controlling behaviours? Do you have guilt or ambivalence about whether your child will be OK? It is natural to have mixed emotions about this big step. **Gently acknowledging and taking care of your own feelings will help you find that calm, confident parent inside of yourself that your child is going to need during this transition.**

BEFORE the first week of school:

1. **See if you can go in and look around the classroom with your child before the first day.**

- Have your child draw a picture to give the new teacher on the first day.
- Help your child think of something special to show the teacher.



I work out some of
ance through play