

## Parent Resource


### How to help with Separation Anxiety









See @southbaymommyandme for more


With so many more schools and daycares opening up after a long stay at home, some children may experience some separation anxiety.

The image on the right gives you a few helpful tips on how to handle separation anxiety.

**HOW TO HELP WITH Separation Anxiety**  
@southbaymommyandme



-  ALWAYS SAY GOODBYE
-  LEAVE CONFIDENTLY
-  DON'T SNEAK OUT
-  PLAY HIDE-N-SEEK
-  DEVELOP A GOODBYE RITUAL
-  REPEAT RITUAL UPON YOUR RETURN
-  OFFER TRANSITIONAL OBJECT
-  LEAVE THE GUILT IN THE GARBAGE

 VALIDATE THE EMOTIONS

**SEPARATION ANXIETY IS THE PRICE WE PAY**  
*for love*  
-ALICIA LIEBERMAN-