How to help with Separation Anxiety

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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.

- Always say goodbye confidently
- Leave your return planned
- Don't sneak out
- Play hide-n-seek
- Develop a goodbye ritual
- Repeat your return
- Offer a transitional object
- Leave the guilt in the garbage

Separation anxiety is the price we pay for love.

-Alicia Lieberman-