

# EASING SEPARATION ANXIETY

---

**Build familiarity.** Look for ways to weave your child's school experiences into her life. Attend back-to-school kick-offs, and help her make new acquaintances.

**Tell your child what to expect.** Let her know where you'll be while you're away and when you'll be back. Make sure she meets her new teacher(s) and talk her through a day at school.

**Don't sneak away when you bring her on the first day.** Be positive and remind your child when you'll be back, and that you'll have to go to the store together or something she's familiar with.

**Don't prolong goodbye.** Aim to establish a comfortable routine with a cheerful hug, kiss and goodbye, then head out. If you're worried, e-mail the teacher to check on your child.

**Return on time.** When you come back when you say you will, your child will begin to understand that you'll always return.

**Stay calm.** Stay calm and upbeat at both drop-off and pick-up times.

**Be patient.** Most kids will get better about separation with time. If your child continues to be excessively fearful of being separated from you, talk to your pediatrician.