



Three Guidelines for Managing Separation

1. Create a routine

- Remember: consistent and predictable
- Use rhymes, songs, and games
- Offer choices when appropriate

2. Smile and show confidence

- You are your child's emotion coach: they will look to you for what to think and how to feel
- Portrays comfort, safety, and trust

3. Follow through on what you promised

- Two goodbyes are harder than one
- Say what you mean, mean what you say



Sample Routine:

1. Enter classroom holding hands (if possible)
2. Put belongings away
3. Wash hands
4. Read one book
5. Say "see you later" at the window (don't sneak out!)

Trust Yourself, Trust your Child, Trust the Teachers

