

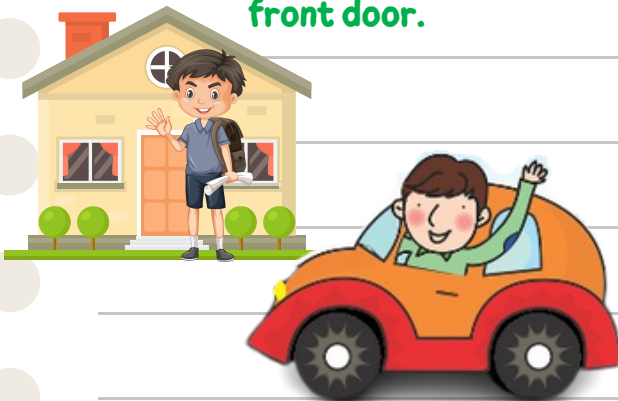
HELPING YOU SAY "SEE YOU LATER"



As we approach this new school year, many of you are preparing by buying new clothes and school supplies. It can be equally important to start preparing your little ones to say, "see you later!" Separation anxiety is common for kids and parents. We want to help you prepare for this year by giving you some ideas to practice so the "see you later" can be something you all look forward to.....like using that brand new backpack.

Role Play at Home

Drive up to your house and practice allowing your child to get out of the car by themselves and walking to your front door.



Goodbye Phrase or Special Handshake



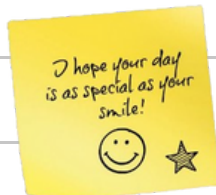
You say: Spread your wings
Child says: Time to Fly

You say: Peace Out
Child says: Later gator

Be creative and HAVE FUN!

Leave Notes for Each Other

Give your child some post it notes and let them write you notes and let them post them in places for you to see. Then on the first day leave them a note in their backpack or lunch box for your child to find.



Drive by the School

Drive by the school often and talk about how excited you are for them to go to such a great school. As you drive by, actually drive through the car lane and talk about how they get to be "big" and get out by themselves and walk to the doors where very special adults will be waiting for them.



There's your awesome school!



When the day comes your child still may cry, you may cry, but follow through with what you have practiced. At the end of the day you can celebrate that you both made it through the day. Have fun sharing about the day apart. Instead of saying, "I missed you today" say, "I thought about all the fun you were having today!" Spend some time in the afternoon/evening reading a book together, playing a game, or engaging in a fun activity. This intentional time will help establish a routine for your child, which provides the ability for their separation anxiety to decrease.