



A quick guide to

SEPARATION ANXIETY IN LITTLE KIDS



What's the trigger?

- when a child is sad, nervous and/or worried about being away from someone they love and trust
- usually while they are at daycare or school



What it looks like

- not wanting to leave the house
- screaming and crying in the car
- big tantrums at school/daycare
- refusing to let go of a parent



What to say while your child is emotional

- "I/We love you."
- "You are safe at school/daycare."
- "We will be back later to pick you up."
- "School/daycare is fun."
- "Your teachers can help you."



What to say to your child when they are calm

- "It's ok to feel sad or nervous about going back to daycare/school."
> **Narrate their emotions**
- "I/We will miss you too."
> **Validate their emotions, Empathy**
- "I feel sad when you're not around too."
> **Empathy**
- "Your friends and teachers will so happy to see you!"
> **Stay positive, Empathy**
- "You're going to have so much fun playing with all the toys!"
> **Stay positive**
- "Tonight when we get home we'll do something awesome together."
> **Something to look forward to**
- "I LOVE YOU, I LOVE YOU, I LOVE YOU!"
> **Affirmation**

Resources



Read these books to your child

LLAMA LLAMA MISSES MAMMA
By Anna Dewdney

LLAMA LLAMA RED PYJAMA
By Anna Dewdney

THE KISSING HAND
By Aubrey Penn

SKINNAMARINK
By Sharon, Lois and Bram



Watch these videos with your child

DANIEL TIGER | Episode 102
Daniel Visits School

DANIEL TIGER | Episode 103
Grownups Come Back

SESAME STREET
Bye Bye for Now

Any videos that make your child smile, laugh or sing.