

SEPARATION TIPS 101 FOR LOVING PARENTS/SAYING GOODBYE

Welcome to the new school year. We are so excited to begin this life long journey of exploration, education and love. This is a wonderful happy time of life, yet we understand that there may be a few tears as well. Here are a few pointers.

1. **Prepare your child before attending school.** Prior to school starting discuss the first day, get some books from the Library about school and separation, create a picture diary together. Talk to your child about how fun school is and how many friends they will meet.
2. Make sure your child gets **plenty of rest, is well fed** (provide a non-sugary nutritious breakfast), and uses the bathroom before school at home. Show your child the bathrooms at school before leaving.
3. Get up **extra early to allow time to linger** stress free and enjoy your mornings together before school. Stay calm and avoid rushing. Back rubs, peaceful commutes and smiles!
4. Once at school, **establish a routine** – consistency is very comforting and you eliminate the unknown.
5. **Never leave without saying goodbye.** Saying goodbye every time you leave establishes trust and is respectful. Sneaking out when they are not looking breaks trust. It may seem harder at the time, but over the long run it is a better choice.
6. Keep a happy attitude. Breathe. Children can pick up on your mood and will mirror your anxiety, sadness, etc. Trust and believe. Everything will be ok.
7. **Leave before the bell rings.** This allows teachers to assist children, especially if they cry, one on one. If you wait for the bell it often makes the child more upset. Children do not like saying goodbye during a transition.
8. If you are concerned **feel free to call at 9 AM.** We are here for you and would love to let you know that everything is ok. Often adults are upset all day, but children are happy by the time parents are at the parking lot.
9. **Trust us.** Know we will be caring, loving and kind. We will call you if your child is not adjusting well, and/or crying during the day. We are here for them and will take great loving care of them.
10. If your child is stressed, crying or clinging **please leave quickly.** Lingering makes it worse, and the longer a parent stays, the longer a child is upset.
11. **Bring your child to a preferred teacher.** Let your child choose which teacher they would like to sit by or hold hands with. Children love choices, and it is respectful.

We hope this helps and you have happy, wonderful goodbyes. Please let us know if there is anything you need. **TEAM FLOWERS**