

TOP TIPS

to help children separate from caregivers



1

Get to know your child's school by playing an active role in the school community. If children see the benefits to you and their family of school, and recognise that you have made positive and trusting relationships, they are more likely to feel that school (and the people) are safe and trustworthy.

2

Prepare children in advance so that they know who will be supporting them at school and where they will be going (classroom, assembly hall, form time) when they leave their caregiver. If you are not sure, ASK SCHOOL as they are there to help. Providing children such information can help they feel more clarity and less uncertainty.

3

Manage your time well both before bed and in the morning, as children need time to process and cope with thoughts and feelings. If you are rushing, you won't have the time to support them and instead will risk causing further stress. Being late to school won't help your child so try and give everyone the time they need.

4

Remember that just because your child find it hard separating from you, does not mean that they are distressed all day without you. However, this can feel hard to believe, particularly if a child says otherwise. Speaking with school is very important to that children feel understood and supported by all adults.

5

Mind your language when you update school on how your child is feeling, when children are present. Children pick up on what adults say, and words can create their reality. Try saying *'They have found it hard to come to school today and we think they would rather be at home. They are worried about coping with these big feelings without me at school today, but we are working on this together and we welcome your support'*

6

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School's door is always open to support you