

SCHOOL DROP OFF:



- **Confidence is key:** Our children sense our energy. Are we anxious about dropping off our child? Work on this first.

Put your hand on your chest, take some deep breaths & we may need to remind ourself: *my child will be safe & cared for, they will be loved & have fun. I will soon be back to pick them up.*

- **Bring something familiar from home or anything that reminds our child of us:** a family picture, a little blanket or favourite sweater, or anything they would like to bring from home. For older kids, we can write them a little note & stick it in their lunch box to remind them of how loved they are.
- **Create a goodbye ritual together:** this will bring some connection & laughter & may lighten the mood.
- **Remind them how much we can't wait to see them soon:** If we planned something to do with them we can share it so that it's something they look forward to. Some examples: (next page).

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Some examples: *"I can't wait to go to the park/library after school!", "I can't wait to color with you after school", "I can't wait to hear about all the things you did during your day!"*.

- **If our child starts to cry:** It's understandable that separation is challenging & crying is often how children express their pain. If we have time, we can stay with them AND it's also okay to have their teacher stay with them. We can validate how they feel & also share the action involved. It can sound like this:

*"I understand you. You wish I would stay with you and right now I have to go. (Teacher's name) will stay with you until you are ready to play. It's okay to cry, I understand you. I love you & I'll see you soon." **This is great for teacher to hear as well so that they don't try to shut down our child's tears.***

COURSE 10: BACK TO SCHOOL SCHOOL DROP OFF:



Do **not** try to reassure a child by saying: "it's going to be amazing/fun/the best!" What if it's not how they felt? Will they feel scared to deceive us? Will they feel like something is wrong with them because they didn't have fun & love their day at school? **We cannot guarantee or predict how our child will feel.**

Do **not** sneak out without saying a proper "goodbye". Sometimes, teachers might also push parents to do this & distract the child so that they don't see their parent leaving in order to avoid the tears & feeling sad. Imagine how the child must feel when they search for their parent & not see them? **How can a child feel secure with us when they see that we can sneak out on them? Also tears & expressing emotions is healthy & helps our child move through these challenges.**