



Saying Goodbye in the Morning: Tips to Avoid Tears

- Edmond Public Schools



PREPARE YOUR CHILD

It will be easier for your child to grasp a new form of separation if you talk about it first. It is important for kids to hear that caregivers always return. Talk about feelings. It's okay to cry and miss a parent. To practice, start a routine now of saying goodbye to your child whenever you leave.



DEVELOP A RITUAL

A predictable ritual will help ease your child's anxiety and provide security. It will also send a signal to your child that it is time for you to leave. Rituals can be as simple as a special handshake, high five, or two kisses and a fist bump. Reassuring words like, "you got this," and breathing strategies can also be included in rituals.



SAY GOODBYE WITH CONFIDENCE & CALM

Children sense our energy. As a caregiver, if I am tense, uncomfortable or unsure, I may be signaling my child that separating is something to be scared of. Be the confident leader and set the tone for safety and security, It may be hard, but you are your child's best model!

GIVE YOUR CHILD A COMFORT ITEM

Comfort objects can be useful at any age. A special lovey, a photo of your family, or an item like a bracelet can help your child cope when feeling unsure or missing you. It reminds them of their most important safe-keeper, YOU! The object can stay put away and come out when your child needs it.



As sad as you both may feel, it is important to remember that your child's behavior is normal. When it's drop-off time, remember: Don't Linger - Be ready. Say goodbye. Go.