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Easing Separation Anxiety

I am often asked, "How do I help my child feel less anxious about going to daycare, preschool or the babysitter?" If you have kids, the odds are pretty high that you've pondered this question and wondered what to do. Listed below are some quick tips:

1. Remember that kids take their emotional cues from the adults around them.

The calmer and more business-like we act, the easier it'll be for our kids.

2. Avoid doing too much reassuring.

Strangely, the more we talk with our little ones about how much fun they are going to have, the more anxiety they seem to have. It's as if they reason, "If my parents have to tell me this is going to be okay, maybe it won't."

3. Make the transition short and sweet.

The quicker you move, the faster your child will calm down once you leave.

4. Don't look back.

Although it's hard to resist the urge to go back and comfort your child, he or she will calm down far quicker if you keep going and don't look back.

While all children are different, some separation anxiety is normal and healthy. Generally speaking, the tots who feel the most secure when they are with their parents are the ones who feel the most secure when they are away from their parents. A large part of providing this security involves combining big doses of love with good, solid limits. For more tips on parenting secure and confident kids, participate in my LIVE webinar, [Love and Logic Solutions for Early Childhood](#). This exciting and informative two night session will broadcast Monday, May 3 from 7:00pm-8:00pm MDT AND Tuesday, May 4 from 7:00pm-8:00pm MDT.

Thanks for reading!
Dr. Charles Fay