

SEPARATION ANXIETY

A GUIDE FOR AT HOME

IT MIGHT LOOK LIKE THIS

- Your child not wanting to go to bed on a school night.
- Taking a long time to get ready in the morning.
- Being upset or refusing when you take them to school.



PRACTICAL TIPS

- Give them something of yours to take into school with them.
- See if the teacher can give them a special job in class.
- Don't sneak away- they will remember next time.
- Try not to linger once they are at the door. It will just lengthen the amount of time they are upset for.
- Prepare them for what will happen. "I will take you to the door then I will pick you up after school."
- Praise them for trying.
- Have a consistent bedtime routine and reassure them you are just downstairs.
- Break up their morning into small steps- "Step 1: Brush our teeth, Step 2: Get dressed.
- Be patient, firm and consistent.



Speak to the Pastoral Team for more support

I FEEL SCARED

WHAT IF SOMETHING HAPPENS TO...?

WHAT IF THEY DON'T COME BACK?

I DON'T FEEL SAFE

THIS IS NOT WHAT I'M USED TO



MAKE A PLAN

MAKE A PLAN WITH YOUR CHILD WHEN THEY ARE CALM AND NOT FEELING ANXIOUS

Spend some time together to come up with a plan for what the different steps could be when you drop them at school.

It might look something like this:

1. Get ready for school quickly.
2. Arrive at school holding hands.
3. Give each other a hug.
4. I will give you something to look after.
5. You will walk into class by yourself.
6. You will turn around and give me a wave.
7. You will do your special job in class.



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