



Don't Leave Me!

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What is separation anxiety?

What does separation anxiety look like?

Why does separation anxiety occur?

What can we do about separation anxiety?

- Build trust with the child.
- Make the child feel safe.
- Reassure the child that the parent will come back.

My Rules for Parents

- Never sneak out.
- Always say goodbye.
- Develop consistent routines.

Strategies for Teachers

- Develop consistent routines.
- Have the child bring an “ice breaker” object.
- Provide the child with alternate activities.
- Use humorous strategies.