

# SEPARATION



anxiety

## What is it?

**SEPARATION ANXIETY** is the fear or distress that can happen to both children and adults when they think about separating from home or from the people they have become attached to.

## When does it happen?

When a child's special person is not around, children can become **upset** and **feel unsafe** until returning to safety when their special person returns.

## How to support kids with separation anxiety



### Schedule Nap Times & Meal Times

Children will be more susceptible to separation anxiety when tired, hungry, or sick.



### Stay Calm, Matter-Of-Fact And Sympathetic

"I know you are upset that I have to go to lunch, I but I will be back as soon as I am finished."



### Prepare Child Prior To Separation

Prepare children before the separation occurs by reassuring them that you will return or see them soon.



### Take Their Anxiety Seriously

React with understanding, patience, and confidence: "I know you don't want me to leave right now, but I will be back after school."



### Practice Short-Term Separations

Practice around the house by encouraging 'goodbyes', ensuring them that you will be back soon.



### Maintain Control Over Your Own Anxieties

If a child senses or sees their caregiver distressed when leaving it will trigger their anxiety and make them think something is wrong.



### Create Feelings Of Security

For toddlers, give lots of love and attention prior to separation. Young children learn faster when they receive the attention and affection they need rather than taking a "learn the hard way" attitude.

\*Separation anxiety from attachment figures is a normal part of early development, particularly in the first few years of life\*