



## **NURTURING SEPARATION TIPS FOR PARENTS**

Separation is a time when both your child and you will experience many different emotions. Your child will often be caught between his or her need to be close to you and a sense of growing independence. Here are some strategies to help make the process go more smoothly.

### **Prepare your child by doing something special the night before:**

If your child brings lunch to school, fix it together the night before. Together you can pick out what he/she would like to wear on the first day of school!  
Put all the things you need for the first day of school in his/her backpack together!

### **SCHOOL'S PHONE NUMBER**



**(908) 754-2060**

### **Try to have a special morning ritual...**

Organize your mornings so that your child knows the routine. Does your child get dressed or eat first? Does your child watch Nick Junior before he/she goes in the car? If you follow the same routine each day your child will know what point it is time to go and she/he will be prepared. Ask your child to help with the morning ritual. Start with something simple such as putting the spoons on the table for breakfast.

### **Prepare a Good-bye Ritual...**

Before your child begins school, plan the type of good-bye ritual both of you want to use. You might ask your child, "How should we say good-bye? Do you want to give me two hugs? Should we rub noses? Etc."

Keep the ritual short and leave as soon as the ritual is completed. Your child may ask "One more kiss or one more hug". The best thing would be to say, "I'm saving that hug for when we get home" - smile, blow a kiss and leave. Our teachers and assistants have been trained in how to comfort a crying child and have had a lot of practice doing it - 31 years! Also, we always have an extra helper the first three classes for all our 2 ½ & 3 year old classes.

If you continue to follow your good-bye ritual and leave immediately after it is finished, your child will adjust quickly. In a few sessions, they will begin entering the classroom with a smile instead of tears. It is important to realize that if you linger or keep returning you are giving your child a mixed message. Does my parent really want me to stay? Even if your child isn't crying you should exit quickly for the same reason.

### **On the way to school discuss what each of you will be doing that day...**

Mention all the new toys that they will get to play with or an activity listed on the classroom calendar. Ask your child if he/she thinks they will be playing with that toy today. (Your child will receive a letter and a classroom calendar from his/her teacher the week before school begins)!

Tell your child your plans for the day, making certain to mention at what point of your day you will come to pick him/her up. If someone other than yourself will be picking up at dismissal, explain that to your child and tell your child when he/she will see you.

### **Trust Us - It Will Get Better...**

If you have tried all these hints and your child stills cries, don't worry! We have had 31 years of experience taking care of children. All the children are treated with love, patience and compassion.

We have found crying children recover quickly if the parent says a pleasant and cheerful farewell at the door and leaves promptly! The teacher will carry the crying child into the classroom and give him or her to the teacher assistant or to the third helper. All have been thoroughly trained to care and calm down the crying child.

You may call the school (908)754-2060 when you return home and ask how your child is doing. Once the parent leaves, the crying child generally looks around the classroom and decides to join in on the fun!

