



Dear Families,

Here at Morningstar Learning Center, we frequently notice children who experience Separation Anxiety when they are being dropped off in the morning. Here are a few tips that may help to ease the nervousness that you both might be feeling, and to help set your child up for success for the rest of their day:

1. Before arriving, **prime your child's mindset** to think as positively as possible about school. Talk to your child about their teachers, their friends, and all the fun activities that they will get to participate in while they are here. We want them to perceive school as a fun and exciting place to be.
2. **Model a confident and calm attitude** when interacting with the staff. Children can easily sense anxiety from their primary caregiver. It is completely normal for any parent who is leaving their child in the care of another to feel a little uneasy, especially in the beginning. The more confident and comfortable you can act, the easier it will be for your child to feel the same.
3. **Keep goodbyes short and sweet.** Although it may be completely counterintuitive to leave your child when they are crying and trying to cling onto you, we find that children generally stop crying shortly after their parent's departure as they realize they are safe in their environment. Having a morning routine that you can stick to will also help them transition faster. The more consistent you are, the more your child will know what to expect.
4. **Have a task, job, or activity for the child to jump into right when they arrive to school.** All the toddler and preschool children are expected to write their names upon arrival. Since most children finish this task quickly, having another activity planned for after would be ideal. This can help them to ease into the environment with you by their side and feel more confident. This may also help to distract them from the dreaded goodbye.
5. Have your child **bring an item from home** that helps them feel bonded to you while you are away. This could include a family photo, a matching friendship bracelet that you both wear, or a special toy that you specifically gave them. We constantly hear our children talking about how much they miss their parents even if they are in the middle of having fun. Having a tangible item they can turn to can be very comforting during these moments.

The positive aspect of experiencing Separation Anxiety is that it indicates that you have bonded a healthy attachment with your child. Remember that Separation Anxiety is something that nearly every child experiences to a certain degree at some point of these early development years. It also indicates that the child is experiencing increased autonomy, even if it might not seem like it during the moment. If you would like any other tips or have any questions, please feel free to ask any staff member at Morningstar Learning Center. We want to do whatever we can to provide the best possible care for your children.

Thank you,

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Morningstar Learning Center