

SAYING GOODBYE:

A Parent's Guide to Easing Separation

1 Acknowledge and Validate Feelings

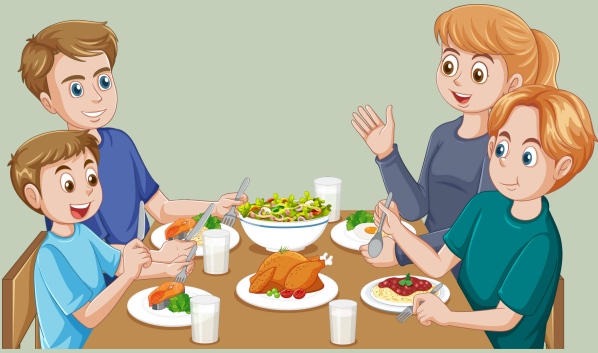
Children often have big emotions during goodbyes. Acknowledge their feelings without judgement. Say something like, "I can see you're feeling sad right now. It's okay to feel that way." When children feel understood, they're more likely to process emotions in a healthy way.



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2 Focus on the Next Connection

Help your child shift their focus to the next time you'll be together. For example, say, "We'll have dinner together tonight, and you can tell me about your day." This reassurance can reduce anxiety and offer something positive to look forward to.



3

3 Build Relational Safety with the Caregiver

If your child is being left in someone else's care, it's important to build trust between the child and caregiver. Spend time together with the caregiver beforehand or share a story about how kind and fun the caregiver is. A child who feels safe with their caregiver will have a smoother transitions.



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4 Establish a Goodbye Ritual

Create a special goodbye ritual - like a hug, a special handshake, or a goodbye song. These small routines provide comfort and predictability. Over time, the ritual becomes a soothing part of the goodbye process.



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5 Use a Transition or Comfort Item

Allow your child to bring a favourite toy, blanket, or photo with them. A familiar object can provide a sense of security and remind them of home, making the separation feel less overwhelming.



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6 Say Goodbye (Don't Sneak Off)

Always say a proper goodbye, even if it's hard. Sneaking off can lead to mistrust or increase your child's anxiety. A quick but meaningful farewell, with reassurances of your return, helps build security.

Thrive Together



Parent Coaching