



It is natural for my child to want to stay close to me to feel more safe and secure. This is not a sign that something is wrong.



I will give my child something to hold on to while we are apart to help them focus on when we are together again.



This is hard for me too. What do I need to do for myself today, or right now, so I can show up as best I can for my child?



Over time, my child will learn over and over that I always come back. That is an important lesson, and my child is not yet able to fully understand it.



I will remember

- That my child's behaviour while we are apart is their way of communicating that this is hard for them.
- That I am not alone, and others can help. My job is to help my child feel safe with another caring adult who can support their sadness and worries after I leave.

Things I can say, in a calm, steady tone:

"I know you're feeling really sad. I know you want me to stay."

"When I pick you up I will walk through the door right over there and have my arms ready for the biggest hug in the world!"

"Nothing in the world could ever stop me from coming back to you."

"Do you promise to show me what art you make today?"



To learn more about how to manage being apart from your child, see [Managing Anxiety at Drop-Off](#).