

# tips for separation anxiety

01

## TALK OPENLY ABOUT YOUR CHILD'S WORRIES

We tend to avoid topics that will make our kids feel upset. But getting comfortable talking about worries and fears actually helps you overcome them.

02

## CREATE A SEPARATION PLAN WITH YOUR CHILD

A separation plan is just a plan about how you will say goodbye when you and your child need to separate. You might need different plans for different situations.

03

## DON'T ENABLE

Don't allow your child to stay home or stop you from leaving them with responsible childcare when needed. This sends the message that there is something to be worried about.

04

## HAVE A CONSISTENT ROUTINE

It's important to have and consistently follow a routine, uncertainty may cause major stress for kids. The more predictable your child's day is, the less anxious they'll feel.

05

## GET HELP IF YOU NEED IT

Separation Anxiety Disorder is a mental health problem & may need additional support from mental health professionals. Reach out to your child's doctor, psychologist, and/or school counselor.