

Top Tips

- Never sneak away
- Make a goodbye routine with your child
- Consistent approach
- Be kind, firm but don't give in
- Ask a familiar person to take them to school, it might break the cycle
- Don't hang around, pass your child to a trusted adult, say your goodbyes and reassure you will see them later. Leave

Thoughts

- I will never see them again
- Something might happen when I am gone
- What am I missing at home
- I don't feel safe
- Something bad might happen at home
- They might not come back
- Something is scaring/worrying me at school

Physical sensations

- Feel sick
- Tummy ache
- Fast heartbeat
- Hot
- Rapid breathing
- Butterflies
- Trembling or shaking
- Headache

Feelings

- Scared
- Worried
- Angry
- Agitated
- Panicky
- Tense
- overwhelmed

Book recommendations

- Huge bag of worries
- The kissing hand
- The invisible string
- Owl babies
- The kiss box

Proactive work

- Emotions and feelings
- Mindfulness
- Relaxation techniques
- Likely/unlikely to happen scenarios
- Anxiety work
- Worry dolls
- Visual timetable
- Social stories
- Allocate time to talk to carer

Strategies for support

- Celebrate achievements
- Give them a job in school
- Transitional object from carer
- Make a plan with carer and stick to it
- A morning transition group with fun things to do

Behaviours

- Delaying tactics
- Clingy
- Tears
- Running away
- Not sleeping
- Angry
- Attention seeking

SEPARATION ANXIETY

