

Saying Goodbye Successfully

The beginning of the year can be an exciting time. It is important that children feel safe and secure in any environment. The teachers in your child's classroom have a genuine concern for your child's emotional state and do everything to ensure your child's morning is a smooth transition into their time away from you.

Sometimes children and parents have trouble saying good-bye to each other. The best ways to say good-bye to your child is with great confidence in their ability to take care of themselves.

Here are some tips that will help a smoother transition.

- *Letting them know how much you believe in their success is empowering.*
- *Make your good-bye quick and positive, the more you linger the harder it gets. If you leave and your child is crying, please know that usually they are doing great within a few minutes. We will call you if there is an issue and if you are very concerned you can call the office to have someone check.*
- *Never sneak out on your child or trick them with distractions, just say goodbye and wish them a great day!*
- *Ask for help from us if you need ideas!*
- *Be as consistent with the morning routine and be on time. Children are more comfortable arriving with all of the other classmates.*
- *Have your child do as much on their own as they can (ie: getting out of the car, dressing themselves, remembering their snack and lunch and even help pack and make it)*

Tell your child that you know they will have a great day and learn great things! Make sure there is a clear boundary of where you say good-bye and go your own way. What can be better than letting your child know that you have the utmost confidence in their ability to be successfully independent!