

## **Tips for Easing Separation Anxiety from Love and Logic**

Nothing jerks the tears more than seeing our little sweeties melting down as we leave them ... Here's the problem: If we let our own anxiety and sadness show, our kids will pick up on it and have a much harder time adjusting to separations.

Listed below are some quick tips for easing your child's separation anxiety...and yours:

Prior to and during separation transitions be very business-like in your tone and general demeanor. Kids take their emotional cues from the important adults in their lives.

Talk as little as possible. Trying too hard to reassure your child will actually elevate their fear.

Make the transitions as quick as possible. When you leave your child, leave quickly. This is even more important if your child appears to be getting upset.

Ask the adults you are leaving your child with how long it typically takes for them to calm down once you are gone. In most cases, it takes just a couple minutes or so.

Enjoy your kids as much as possible when they are with you. Kids who feel secure relationships with their parents tend to experience less anxiety when they separate.

Thanks for reading!

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