

What if things don't improve?

The vast majority of children respond to consistent and caring support.

If they do continue to be distressed come and talk to us. We will explore the reasons why your child is not settling and find other strategies to support them.

Don't ever sit at home or work worrying. Give us a call.

Remember we would never ever keep a child in school who is uncontrollably distressed. You would always be called.

Our policy is to give your child the support and care we would want our own child to receive. If you don't feel this is happening then come and talk to us.

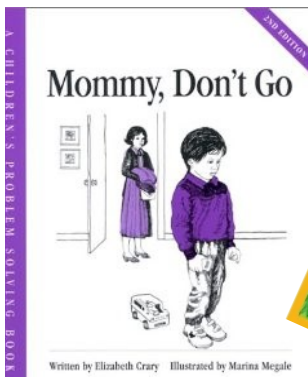
Useful websites:

•http://www.helpguide.org/mental/separation_anxiety_causes_prevention_treatment.htm

•http://www.timesonline.co.uk/tol/life_and_style/health/child_health/article2812717.ece

•http://www.gosh.nhs.uk/gosh_families/advice_and_support/ask_dr_jane/s/separation.html

Some useful books



Leaving your child

Idea to make it easier to say goodbye.

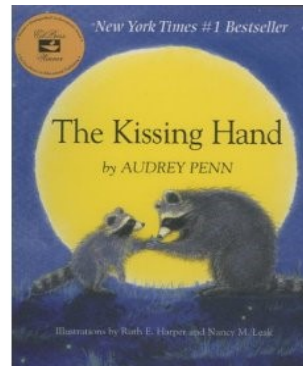
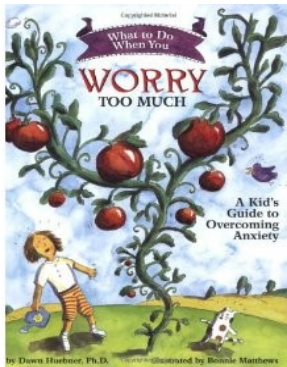
"The most important thing that parents can teach their children is how to get along without them."

[Frank A. Clark.](#)



Things the school can do to help

1. Identify one or two adults your child trusts to receive them each day.
2. Give them activities to keep them busy on arrival.
3. Hugs—when it helps. Sometimes it's better to stay busy and active.
4. Time to read any messages from mum or dad before going into class.
5. A 'pick up' during the morning to check they've settled.
6. Rewards for coming in with 'a big smile' or settling more quickly. Stickers special mentions and a chance to do a favourite activity may all help.
7. Support with integrating with other children.
8. A record of progress to share with you.
9. An agreement with you about how best to handle the morning handover.
10. Breakfast club places can often help.
11. Regular meetings to review progress.
12. A contact email address to keep in touch.



Things you can do to help

- Send a small photo of you with them
- Send a small comfort item—a small soft toy rather than any other kind of toy is best
- Be quick, matter of fact and confident—give a clear message you know they will be safe and you trust the people who will be caring for them (however upset you might be feeling)
- Tell them about your daytime timetable. While you're at school mummy will be
- Acknowledge how they feel : 'I know you're upset and you're going to miss me but we'll both have a lovely day and later you can tell me all about it.'
- Phone school later to reassure yourself your child has settled.
- Leave small messages in pockets lunchboxes or with staff to be read later.
- Have a goodbye routine—and stick to it. Brisk positive and consistent.
- Plan an after school activity to look forward to.
- Talk about what you will do before you collect them. 'I will come and collect you after assembly'.



Remember, most children stop crying very soon after you have left. The sooner you leave the more quickly they will settle especially if you can do so in a matter of fact confident way that gives your child a clear message that you are confident they will be safe.