

Back to School - Top Tips

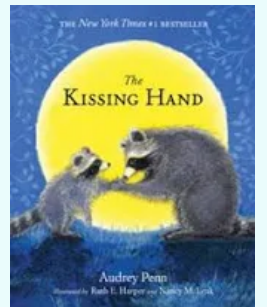
Goodbye Rituals

Goodbye rituals help build trust and reduce anxiety



Think about your child's experiences

For children with strong separation anxiety, developing consistent bye-bye rituals are really beneficial. The story of the 'Kissing Hand' is one of our favourite ways to introduce a goodbye safe ritual.



You might like to develop your own unique high five and always use this when leaving your child at school gate.



Then at the end of the school day it's really important to be there on time for school pickups, (we can all struggle with that sometimes we know) and allow some downtime/quality time to reconnect (even if possibly only for a few minutes). It all helps!

