

Ways to Say Goodbye

Ways you can be helpful as parent:

- Practice goodbye through play at home (play house or going to school include hello/goodbye, games like peek-a-boo and hide and seek also builds this skill).
- Attend open house or arrange another visit to prepare child before the goodbye happens.
- Let child know it will be ok and tell them what will happen at end of day (Will they ride the bus? Who will pick up?).
- Provide connection or a special goodbye ritual before leaving (say goodbye, give a hug, make eye-contact, special handshake).
- Let child know you are leaving.
- Provide comfort objects (an item that represents family/parent/safety such as necklace or keychain with photo of parent, an item that can fit in cubby/backpack when not used).
- You can join your child at start of day to help them ease in.

Ways we will be helpful as staff:

- We will have family photos in the classroom.
- Child can access their comfort items during the day.
- We will have an open house/ orientation for child and family to come visit the classroom.
- Provide affirmations and comfort - tell child it will be ok, let them know school is a safe place.
- Provide a quiet space for children to go.
- We can create a special plan if needed.

