

Separation anxiety

A starting school adventure

When starting school, it's natural for some children to experience separation anxiety. To support your child in overcoming these feelings, consider turning the experience into an engaging adventure. Our printable guide will help you and your child embark on this journey together.



The mission: The brave explorer's school quest

The objective: Help your child become a confident and happy school explorer by completing fun daily challenges.

Instructions for parents

How to prepare

- **Map the unknown**
Talk to your child about what to expect at school. Discuss the daily routine, activities and the fun aspects of learning.
- **Equip the explorer**
Visit the school together before the first day. Familiarity can ease anxiety.
- **Story time**
Read books about starting school to introduce the concept in a friendly manner.

Daily challenges

- **Morning routine race**
Create a consistent morning schedule. Time each activity (dressing, breakfast, packing the bag) and try to beat yesterday's time. Consistency and routine can provide a sense of security.

- **Secret pocket token**

Give your child a small item (like a family photo or a special note) to keep in their pocket. This serves as a tangible reminder of home and your support.

- **Friendly faces quest**

Encourage your child to learn the names of one or two classmates each day. Building friendships can make the school environment more welcoming.

- **After-school debrief**

Set aside time each afternoon to discuss the day's adventures. Celebrate successes and address any concerns.

Positive reinforcement

- **Reward chart**

Create a chart to track completed challenges. Offer praise and small rewards for achievements to motivate and build confidence.

- **Communication with the school**

Maintain open communication with your child's teacher. Share insights about your child's feelings and progress.

- **Self-care for parents**

Stay calm and positive. Children often mirror their parents' emotions. Demonstrating confidence and positivity can reassure your child.



Remember!

Every child progresses at their own pace. Patience, understanding and consistent support are key to helping your child navigate this new adventure.

By transforming the experience of starting school into a series of engaging challenges, you can help your child view school as an exciting adventure rather than a source of anxiety.