

WHEN SAYING GOODBYE IS HARD



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#restplaygrow



Separation is hard for young kids because attachment is their most important need.



Introduce them to the adults in their 'attachment village' and foster strong bonds between them.



When connected to caretakers, the following three-step, goodbye routine can help ease them into separations that must be faced.

3 STEP DANCE



**COLLECT
AND LEAD**



**BRIDGE
THE DIVIDE**



**MATCHMAKE TO
CARETAKER**

- * Engage your child's attachment instincts by focusing on them or what they are paying attention to, and respond with warmth. Lead them into the transition by focusing on your connection.

- * Play your way through the transition time and create some play rituals that can ease the alarm such as dancing, skipping, or being different animals going on an adventure.

- * Focus on what stays the same between you such as we have the same lunch or same colour shirt today. Focus on the return and what will happen when you see each other again.

- * Give the child something to hold onto that represents your relationship such as a locket, paper heart, picture of their family. If they say they don't want you to go, acknowledge and come alongside feelings, and then bridge the divide again.

- * Put the focus on saying hello and being friendly to their caretaker.

- * Focus on sameness between the child and caretaker, giving them an opportunity to collect your child's attention while you are present.

- * Leave your child when you see and feel they have connected with their caretaker. Focus on when you will see them next and assure them their caretaker will be there for them.

For more information read Chapter 8 in Rest, Play, Grow