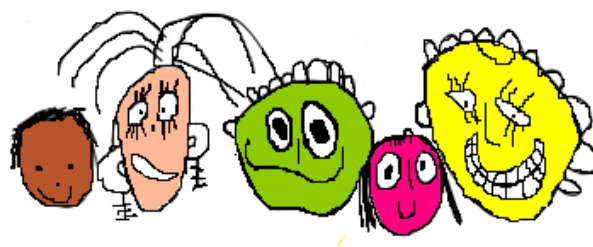


## Hamilton Community Pre-School

*"Where discoveries, learning and fun connect."*



### Information Sheets for Parents

# Separation Anxiety

Starting preschool can be a little overwhelming and stressful for both parents and children alike. As a result, it is common for some children to experience varying degrees of separation anxiety where they can exhibit a number of distressing behaviours from crying to anger and frustration. Educators at Hamilton Community Preschool are sensitive to this and are there to help you and your child. If you require advice or assistance in dealing with this, please do not hesitate to ask.

Briefly, it is most important that you do not sneak away even though it may save a scene. This causes insecurity in your child and will ultimately prolong the anxiety. After a short period of settling time, tell your child that it is time for you to go, that you will come back at 3 o'clock. Say goodbye and leave your child in the care of an educator.

Be brave—if you are hesitant about leaving your child, they will pick up on your apprehension. Most children settle quickly and learn that it is a safe and fun environment. You are welcome and encouraged to phone the centre if you are concerned upon leaving. The most important part about preschool is to enjoy the experience so please do not hesitate to speak with educators if you are experiencing any difficulty.