Crossing the Threshold

Brighter Futures for Children

MHST MENTAL HEALTH SUPPORT TEAM

Our TOP TIPS to make separating from your child as positive as possible



Practise
Practise having time apart from your child - give them a chance to experience saying “hello” and “goodbye” to you

Personalise
Create a personalised goodbye ritual with your child and use it consistently

Be the example
Model the behaviour that you want to see your child adopt

Words are powerful
Use kind, clear language and a warm, reassuring voice

Avoid
Avoid making promises, deals, or bribes with your child

Recognise
Acknowledge your child’s emotions and find something positive to focus on about their day



Keep going
Keep looking forward once you are committed to walking away

Praise
Reward successes and bravery with verbal praise

Plan
Make sure everyone with drop-off responsibilities is on board with the plan

Don’t forget you!
Get **your** support team ready

@BFfCChild

@readingyoungpeople

We run school drop-ins to talk about seperation anxiety and other topics

Find out more

© Brighter Futures for Children 2023