



Adjusting to New Environment

Handling Separation Difficulties and Establishing Routine

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How to Handle Separation Difficulties

- **Why the anxiety and resistance?**
 - Young children don't know that the separation is temporary.
 - They are scared in the strange place
- **Goals:**
 - To establish a routine
 - To learn that the school is a safe and fun place



Tips for Handling Separation Difficulties: DO's

Do keep your goodbyes brief

- Once they say goodbye, you need to leave. Do NOT to drag out a goodbye.

Do develop a ritual for leaving

- By keeping farewells the same each time, you create a familiar transition and reduces their anxiety.

Do Follow Through with the Plan

- It is important to be consistent.



Tips for Handling Separation Difficulties: DON'Ts

Do NOT sneak out on your child, always say goodbye

- Say goodbye and remind them that you'll be back.
- When people leave without saying goodbye, they seem to disappear. This makes their recovery much harder.

Do NOT brush off their anxiety

- Try to acknowledge their separation anxiety

Do NOT apologize for leaving

- This tells the child that the parent does not want to leave them.



Routine

Routines help children learn self-control.

- Consistent routines provide comfort and a sense of safety

Routines reduce power struggles

- Routines can also limit the amount of “no’s”

Routines help children cope with transitions.

- Routines (like bedtime routines) can help make transitions easier.

Routines help parents feel organized and reduce their stress



Eat



Teeth



Wash Up



Comb



Potty



Dress



Shoes



Establishing Routine at Home

Morning Routine

- Think about things that need to get done before leaving for school
 - After waking up, brush teeth, comb/brush hair, put on clothes, put shoes, get the backpack, and leave

Bedtime Routine

- Preschoolers need 11 to 13 hours of sleep each night.
 - Starting around 7:30PM, after bath, they put on PJs, brush teeth, sit and read or listen to calming music
 - At 8PM, they go to bed and say goodnight

