

# Separation Anxiety Tools

## Four Step Process

1. Connect well with your little one. Give a big dose of connection, offering your undivided attention and warmth.
2. Allow as much time as possible to respond to tears. Crying is communication and being heard is valuable.
3. Have confidence in the teacher. This makes a fundamental difference: your child looks to your cues.
4. Don't ignore your own feelings about this. Take a moment to process your feelings: talking with a trusted friend, writing, or any way that works for you.

For video on this topic: [listeningforgood.com](http://listeningforgood.com)



PARENT AND TEACHER

**SUPPORT AND  
COACHING**

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