

separation from family members

If a family member is going to be away for a long period of time here are some things that you can do to help prepare your child for the absence:

- Let teachers at daycare and/or school know when a family member is leaving
- Talk to your child about when and why a person is leaving
- Talk to your child about changes in routine that will occur when the person is gone
- Plan for the good bye – model healthy ways to say good bye (example: It is okay to be sad right now, it is okay to cry)
- Let your child be part of the departure (example: go to the airport with them)
- Talk about feelings associated with departure
- Read stories about people going away
- Talk about when the person will be back



Ways to Stay Connected

Through technology

Talk about the person that is away

A countdown activity

Write a letter

Examples

Phone, e-mail, web cameras

Look at photographs when talking about the person

At the end of each day have your child cross the day off on a calendar and then count how many days are left until the person returns

Help your child write a letter or draw a picture for the person that is away and mail together

Keep the lines of communication open. Children are feeling many emotions. Give them opportunities to talk with trusted adults about their feelings.