

Hi [REDACTED],

As promised, here is some advice on how to make morning separations easier on both of you and transition [REDACTED] to school successfully.

These strategies all focus on helping [REDACTED] feel safe, capable, and independent. By keeping goodbyes brief, acknowledging feelings without fixing them, and highlighting her ability to handle challenges, you're teaching her that it's okay to feel big emotions and still get through the day. Consistency and calm confidence from you will build resilience in her that will help her regulate her emotions independently.

Please let me know if you have any questions and if you find this language helpful.

Best,
Lily

Successful Separation

1. Keep Goodbyes Short and Predictable

- A hug, kiss, or high five
- One simple phrase
- Then leave calmly

Example phrases:

- "Love you, see you after school."
- "Have a brave day! Can't wait to hear about art."
- "I'll see you right here at pickup."

2. Acknowledge Feelings Without Fixing Them

- Let them know you understand, but don't try to "rescue."

Examples:

- "I see this feels hard right now."
- "It's okay to miss me and still have a good day."

3. Build Confidence

- Remind them they have the skills to handle hard moments

Examples:

- “You can take a breath, talk to your teacher, or take a break.”
- “You’ve done this before and you can do it again.”
- “This feels hard, but you can do hard things.”

4. Focus on What They Will Do

- Shift attention toward their day, not the goodbye

Examples:

- “I can’t wait to hear about recess today!”
- “Tell me later what was your favorite part of art.”

5. Praise Bravery Later

- Celebrate effort and courage, not just feelings

Examples:

- “I’m proud of you for getting through the day.”
- “You handled a hard moment really well!”