



Making Drop-Offs Easier for You and Your Child

We know how emotional drop-offs can be, especially with little ones. It's completely normal for your child to have some separation anxiety, and we're here to help make this transition as smooth as possible for both of you.

Why a Quick Drop-Off Works Best:

While it's tempting to stay a little longer to comfort your child, lingering can actually make the separation harder. A quick, confident goodbye reassures your child that they're in a safe, fun place and that you trust they'll be okay. Plus, children tend to adjust faster once their daily routine begins!

Here are a few tips to help:

1. **Create a Goodbye Routine:** Whether it's a high-five, a hug, or a special phrase, having a routine helps signal that it's time for school and that you'll be back soon.
2. **Stay Positive:** Kids pick up on your emotions, so even if you're feeling sad or worried, a big smile and an encouraging tone can give them confidence.
3. **Build a Consistent Routine:** Consistent drop-off and pick-up times can help your child feel secure in their new space. A predictable routine is comforting and helps children adapt more easily.
 - For example, always arriving at 8:30 a.m. for drop-off and saying, "I'll be back right after snack time!" creates structure and trust.
 - Another idea is to follow the same steps each day: hang up their coat, help them wash their hands, and wave from the same spot by the door.
 - Similarly, picking up at the same time or having a familiar goodbye phrase like "See you after playtime!" can help your child feel confident that they know when you'll return.
4. **Give a Quick, Loving Goodbye:** Keeping the goodbye short helps prevent prolonging the separation anxiety for both of you. We're here to take it from there!

What to Expect:

Our caring teachers are ready to step in and give your child comfort and attention right after you leave. Most kids settle down quickly once they get involved in the fun activities we've planned. Trust that we'll be in touch if your child needs any extra support.

If you ever need advice or have concerns, feel free to chat with us!