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Pamm's House

Newsletter

April-May 2007

Coping With Separation Anxiety

Here are specific measures that parents can take to ease the transition to care and alleviate separation anxiety:

*** Recognize your own feelings-**Your child is sensitive to your emotional state and attitudes. Be sure to always talk to the child about daycare as a positive and exciting thing. Avoid apologizing to the child about sending them to daycare.

*** Reinforce a sense of trust with your child-**It is important your child will know that you will be returning for them at a designated time. It is helpful to discuss with your child where you will be and what you will be doing during the time of separation.

*** Communicate with the caregiver-** They are your greatest ally in making the separation a smooth and calm experience. Be sure to let them know if you have any specific concerns and needs. Don't be afraid to specifically request their assistance or guidance. Some caregivers will stand back until you directly say, "I am leaving now and I need you to hold Todd."

*** Say Good-bye-** When it is time to go, say good-bye and go. Continued extensions to the separation seem to only add to anxiety and make the separation more difficult.



Have you checked out the Infnat-Toddler Resale shops? Here are two that I frequent:

M.E. Baby

2026 McCulloch Blvd.
505-2100

Baby-GO-Round

2089 W. Acoma Blvd. Unit 1B
505-4443

You can sell or trade the items your child has outgrown and pick up new items for the next stage in your child's life.



Don't forget to check out

Pamm's House Online Yearbook

www.pammshouse.com/parents.html

April 2007 is ready!

But the LORD said to Samuel, "Don't judge by his appearance or height, for I have rejected him. The LORD doesn't see things the way you see them. People judge by outward appearance, but the LORD looks at the heart."



1 Samuel 16:7 NLT