



## Separation Anxiety

It is completely normal for children to feel some level of sadness or reluctance to part from their parent or caregiver in the morning—particularly after an exciting weekend, illness, or returning to school after a long break.

If your child is anxious or reluctant to come to school in the mornings, here are some strategies to try:

### Proactive Strategies and Routine

- **Routine and Predictability:** Have a regular morning routine so that children know what to expect each day. It may help to make a visual (picture) timetable for them to look at which activities in the order they should be completed (e.g., brush teeth, comb hair).
- **Fuel and Rest:** Make sure children have had plenty of sleep through regular bedtimes, and that they have had breakfast.
- **Communicate Positively:** Talk to your child during the journey to school about their upcoming day. Allow your child to talk about their feelings and give them opportunities to ask questions. If there are specific issues the school may be able to help with, please do let us know.

### Managing Anxiety at the Gate

- **Relaxation Techniques:** Consider using strategies to help them re-focus or relax such as mindful colouring or breathing techniques. You can find resources such as breathing exercise wheels and general breathing techniques online.
- **Transitional Object:** Asking a member of the Pastoral Team for a transitional object (a small comfort item) can be used between home and school.
- **Peer Support:** Arranging for your child to meet a friend to walk in with can ease the transition.
- **Varying Drop-Offs:** Consider varying the adult who drops off to see if this makes a difference.



## Identifying Underlying Triggers

If your child is finding going into school particularly hard, you might want to consider keeping a record of tricky days to identify a trigger. Think about whether there may be any other factors causing your child's reluctance:

- **Change at Home:** Has there recently been a change in circumstances at home (e.g., house move) that may have unsettled them?
- **Illness:** Have they recently been unwell or feeling under the weather?

For comprehensive advice on these factors, please visit the dedicated [Wellbeing Support for Parents](#) section on our website. These strategies can also be used if your child is finding it difficult to attend clubs or social events outside of school.

## Contact and Support

The school can provide other forms of support for children who find mornings tricky. In the first instance, please speak to your child's class teacher or a member of the leadership team on the gate and we can consider other ways to help your child.

As always, the **Pastoral Team are available to support our children and their families**. Please contact them via the school office.