

COUNSELOR Collab

with Laura & Ashley

[Ashley's TpT Store](#)

[Ashley's Instagram](#)

[Ashley's Website](#)

[Laura's TpT Store](#)

[Laura's Instagram](#)

[Laura's Website](#)



[Counselor Collab on Instagram](#)

[Counselor Collab on Facebook](#)

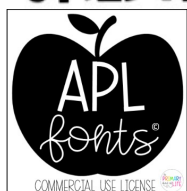
[Counselor Collab Facebook Group](#)

Laura & Ashley



lauraashley@counselorcollab.com

CREDITS



TERMS OF USE

© Counselor Collab, 2025. All rights reserved. Purchase of this item entitles the purchaser the right to reproduce for classroom, personal, and google classroom use only. Use in multiple classrooms, requires the purchase of additional licenses. Redistribution or duplication of this product is strictly forbidden without the written permission of the publisher. Copying any part of this product and placing it on a publicly accessible website is strictly forbidden and is a violation of the Digital Millennium Copyright Act (DMCA). You may post this for single-classroom use on a password protected student site such as google classroom. Please do not sell or distribute any part of this as your own. Thank you for abiding by universally accepted codes of professional ethics while using this product.

Let's talk about SEPARATION ANXIETY

© Counselor Collab

WHAT IS SEPARATION ANXIETY?

The fear, worry, or panic a child feels when separated from a caregiver. It often happens when starting school, attending new activities, or experiencing significant life changes.

WHAT ARE THE SIGNS OF SEPARATION ANXIETY?

- Crying or clinging during goodbyes
- Physical complaints (i.e. stomachaches, headaches)
- Difficulty sleeping alone
- Reluctance to go to school or other activities

HOW PARENTS CAN HELP:

1. **Prepare your child for the separation:**
 - Talk about what to expect ahead of time
 - Visit the new place together before the separation
2. **Create a goodbye ritual:**
 - Develop a short, consistent goodbye routine
 - Avoid lingering or sneaking away, as these can increase anxiety
3. **Be positive and confident:**
 - Show enthusiasm about the upcoming event
 - Avoid displaying your own worries in front of your child
4. **Encourage independence gradually:**
 - Allow your child to practice short separations, (i.e. playing at a friend's house, attending a short class)
5. **Provide comfort items:**
 - Let your child bring a small comfort item, such as a favorite toy, photo, or note from you
6. **Stay consistent:**
 - Stick to routines to create a sense of predictability
 - Arrive on time for pick-ups to build trust and reduce fear
7. **Teach coping skills:**
 - Practice deep breathing exercises
 - Teach positive self-talk. Offer phrases like, "I can be brave" and "My grown-ups always come back."



let's talk about SEPARATION ANXIETY

© Counselor Collab

WHAT IS SEPARATION ANXIETY?

The fear, worry, or panic a child feels when separated from a caregiver. It often happens when starting school, attending new activities, or experiencing significant life changes.

WHAT ARE THE SIGNS OF SEPARATION ANXIETY?

- Crying or clinging during goodbyes
- Physical complaints (i.e. stomachaches, headaches)
- Difficulty sleeping alone
- Reluctance to go to school or other activities

HOW PARENTS CAN HELP:

1. **Prepare your child for the separation:**
 - Talk about what to expect ahead of time
 - Visit the new place together before the separation
2. **Create a goodbye ritual:**
 - Develop a short, consistent goodbye routine
 - Avoid lingering or sneaking away, as these can increase anxiety
3. **Be positive and confident:**
 - Show enthusiasm about the upcoming event
 - Avoid displaying your own worries in front of your child
4. **Encourage independence gradually:**
 - Allow your child to practice short separations, (i.e playing at a friend's house, attending a short class)
5. **Provide comfort items:**
 - Let your child bring a small comfort item, such as a favorite toy, photo, or note from you
6. **Stay consistent:**
 - Stick to routines to create a sense of predictability
 - Arrive on time for pick-ups to build trust and reduce fear
7. **Teach coping skills:**
 - Practice deep breathing exercises
 - Teach positive self-talk. Offer phrases like, "I can be brave" and "My grown-ups always come back."

