

MANAGING SEPARATION ANXIETY IN YOUR KINDERGARTENER

by:
Corazon C. Dela Cruz
Capunitan Elementary School

Separation anxiety is a necessary and normal part of growth, indicating that the child is doing well rather than having problems. During the first year of life, the child's mind develops a concept known as object constancy. The baby remembers that mommy or daddy still exist even after one or both leave the room, which is what object constancy refers to. This indicates that a genuine attachment between parent and child has now developed, as evidenced by the baby's worry that she might leave the room and never come back.

It is unclear why some kids don't feel this anxiety when they start school while others do. Parents are urged to keep in mind that, if their child is among the numerous people who do experience this difficulty, it is not their fault and that the child will outgrow it.

Parents must behave in a "matter of fact way" for the child, thereby modeling calm behavior in order to set a good example for the young child. It is crucial for parents to maintain composure, assurance, confidence, and resoluteness about the necessity of sending their children to school despite clinging and tears.

It's not clear why some children experience this anxiety when they first start school and others don't. Parents are advised to remember that if their child happens to be one of the many people who do experience this issue, it is not their fault and that the child will outgrow it.

In order to provide a positive role model for their young child, parents must act in a "matter of fact way" in front of them.

It is crucial for parents to maintain composure, assurance, confidence, and resoluteness about the necessity of sending their children to school despite clinging and tears.

The learner needs regularity and consistency to develop confidence that things will continue to be stable and normal even when they are apart.

References:

Separation Anxiety in Kids | Kindergarten Readiness - Family Education

Separation Anxiety Tips for Teachers: How to Make School Drop-off Go Smoothly |

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