

SEPARATION ANXIETY FOR PRESCHOOLERS

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It's the first day of school. The teacher was about to start the class but there was one pupil who didn't want her Mommy to go. When Mommy leaves, the kid starts to cry non-stop. This is one of the problems teachers and parents face during the early stages of learning. It's called separation anxiety. How to deal with it? Here are some ways.

1. Shell out an extra TLC (Tender Loving Care)

As teachers, we empathize with the kids. She has always been with her mom and now she will be separated. The initial reaction was to cry and be afraid. Let her feel that even without Mommy or Daddy, she is safe.

2. Utilize comfort items.

Use a stuffed item given by Mom or Dad, a family picture, or anything that will remind them that their family is in their home just waiting for them to finish classes. It gives them comfort.

3. Use stories of children going to school.

There are published children's stories about going to school for the first time. Tell them to the pupils so they can relate to them. It will help them feel that they are not alone.

4. Maximize the power of words.

Give them encouraging words and words of assurance. However, be sure to fulfill what has been said or promised. If Father says he will come back at noon, be sure to be

that that he is there on time. It is also used to develop trust on the part of the child. It eases their anxiety.

5. Collaborate with family for an effective drop-off routine.

Team up with Mommy, Daddy, guardian, or even nanny to establish a drop-off routine. If they are assuring the child to be back after class, help them in assuring. Let the kid realize that being dropped off at school doesn't mean being abandoned.

First-day cry- fest can be minimized. We, however, have to be patient and understanding for these first timers in school.

References:

<https://teachingstrategies.com/blog/teacher-approved-separation-anxiety-tips-for-children/>

<https://www.verywellfamily.com/managing-preschool-separation-anxiety-2764909>