

Teach your child how to deal with separation anxiety



If you have a child and things have been going smoothly in terms of dropping him off at daycare or leaving him with a sitter—then suddenly one day there is an explosion of fear and intensity, your child is probably experiencing separation anxiety.

Children experience separation anxiety when they learn to distinguish their parents from other people. Once they realize that they are being left with someone other than mommy or daddy, then fear and anxiety can result. So how do you help a little one who is afraid. According to *Working Mother* here are two things you can do.

- Parents can play peekaboo with the child. That gets the child used to the idea that you are gone for a few moments at a time.
- Parents can also help by playing a leaving game. Walk into another room and say bye-bye to your child. Then return quickly. Keep playing and increase the length of time you are gone from the room.

There are also a number of books for children that deal with separation anxiety if your child is 2 years old or older. KidsHealth Web site recommends *The Good-Bye Book*, by Judith Viorst; *The Kissing Hand*, by Audrey Penn; *Even if I Spill My Milk?*, by Anita Grossnickle Hines and *Benjamin Comes Back*, by Amy Brandt.