

Ease Transitions with a Goodbye Routine

Outcome: Having a special goodbye routine enhances the secure attachment between you and your child and makes them feel more safe and secure as they transition into any new environment. Modelling encouraging behaviour will make saying goodbye a positive experience for both you and your child.

Materials Needed: A special toy, blanket, photo... YOU!

How:

Create a special goodbye routine with your child and model encouraging behaviour when you leave.

- **Think of a special handshake or wave to do with your child.**
Try using a hug-kiss-wave goodbye pattern.
- **Let your child keep a special toy or blanket with them while waiting for you to come back.**
Assure them you will be back when you say you will (and mean it!)
- **Role model a cheerful goodbye:**
Make it short and sweet; use a happy tone and positive body language, and do your special handshake or wave.