



Early Learning Centre · Sector 135, Noida
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Separation Anxiety Survival Guide

Practical Strategies to Help Your Child Thrive at Daycare

Before You Start

Every parent has been there. The daycare drop-off where your child clings to your leg. The tears. The guilt. The question: 'Am I doing the right thing?'

Here's what we know: **separation anxiety at daycare is completely normal**. It's not a sign of weakness. It's proof your child has formed a secure attachment.

This guide gives you practical strategies to ease the transition. [Use these tools. They work.](#)

Section 1: Before Your Child Starts Daycare

Week 1-2: Build Familiarity

- ☐ Visit the daycare together 2-3 times to familiarize
- ☐ Let your child play in the classroom environment
- ☐ Introduce your child to their primary teacher by name
- ☐ Show where backpack and toys will be stored

Week 3-4: Create the Goodbye Routine

Practice the exact sequence you'll use each morning:

"First, we park the car. Then we walk inside. We say hello to Miss [Teacher's Name]. We put your backpack in your cubby. Then Mommy/Daddy goes to work and you stay here to play."

Important: Use the same words every single time. Repetition creates safety.

Section 2: Recommended Books

The Kissing Hand by Audrey Penn — A raccoon learns that mom will always come back

Owl Babies by Martin Waddell — Three baby owls waiting for mama owl to return

My Mom Goes to Work — Designed for kids whose mom returns to employment

Read together every night. Ask questions about the story. This helps your child process feelings.

Section 3: Transition Objects

Choose ONE item your child can keep at daycare:

- ☐ A small photo of you in a frame
- ☐ A piece of your clothing (scarf, handkerchief)
- ☐ A favorite stuffed animal
- ☐ A special 'goodbye stone' you both hold before leaving
- ☐ A bracelet or small keepsake

What to say: 'This reminds you that Mommy/Daddy will come back. We'll hold it together now, and you keep it while I'm at work.'

Section 4: What TO Say & NOT Say

DON'T SAY: "Don't cry."

SAY INSTEAD: "It's okay to feel sad."

DON'T SAY: "Be a big boy/girl."

SAY INSTEAD: "I see you're feeling scared. That's okay."

DON'T SAY: "I'll be back soon."

SAY INSTEAD: "I'll pick you up after snack time."

DON'T SAY: "Stop being a baby."

SAY INSTEAD: "Your feelings are important. I hear you."

DON'T SAY: "Don't worry."

SAY INSTEAD: "I always come back. Every single day."

Section 5: The Perfect Drop-Off (2-3 Minutes)

- » **Step 1:** Arrive on time (shows reliability)
- » **Step 2:** Hug and kiss (quick, positive)
- » **Step 3:** Say goodbye phrase ("See you after snack!")
- » **Step 4:** Hand child to teacher
- » **Step 5:** Walk away confidently (no looking back)

CRITICAL: Do not sneak away. Do not linger. Your child learns: you leave and come back. Period.

Section 6: After You Leave

- » Teacher greets your child warmly and with enthusiasm
- » Immediate engagement with an interesting activity
- » Distraction strategy ("Look what we have to paint today!")
- » Consistency with same caregiver and daily routine
- » Communication back to parents (photos, updates)

Did you know? 80% of children calm down within 5 minutes of parents leaving.

Section 7: Your 7-Day Success Checklist

- » **Day 1:** Child cries. You stay calm. You leave on time.
- » **Day 2-3:** Shorter crying. More engagement with activities.
- » **Day 4-5:** Some tears, but quicker transition to play.
- » **Day 6-7:** Waves goodbye, joins activities, asks about other kids.
- » **Week 2:** Accepts goodbye routine. Shows interest in teachers.

Most children show significant improvement within 2-4 weeks. This is completely normal.

Looking for a Daycare That Gets It Right?

At Mini Mavericks, emotional security comes first — because when a child feels safe, the brain opens up for learning. Book a visit and see our happiness-led approach in person.

Call [+91 82877 26977](tel:+918287726977) | www.minimavericksindia.com

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