

On the Path to Successful Separations and Transitions

Whenever you leave me ...

Tell me the plans for the day.



Pack a bag for me with what I might need during the day.



Take time to help me get comfortable with new people; tell them what I need.



Always say goodbye to me when you leave. Tell me when you will be back to pick me up. Say goodbye in our special way.



Greet me first when you return.



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When you ...



Then I ...

<p>Tell me the plans for the day ...</p>	<p>Know what to expect and what is ahead for me.</p>
<p>Pack a bag for me with what I might need during the day (e.g., a snack, a favorite toy or my special blanket) ...</p>	<p>Feel more secure.</p>
<p>Introduce me to new people and my new environment ...</p>	<p>Feel more comfortable with new people and new places.</p>
<p>Let the adults taking care of me know what I will need while you are gone (e.g., my nap schedule and which foods I like to eat) ...</p>	<p>Feel like I am being taken good care of by new adults who I can begin to trust like I trust you.</p>
<p>Say good-bye to me, and tell me when you will be back to pick me up (even if you don't think I understand or if it makes me cry) ...</p>	<p>Learn to trust that you will always come back, which helps me adjust to this new environment.</p>
<p>Use our special way say to good-bye each time, like a hug or wave, or a type of playful good-bye game ...</p>	<p>Feel like it is easier for me to say good-bye to you.</p>
<p>Greet me first when you return ...</p>	<p>Know I am important to you and that you love me.</p>