

# Got It!



## Saying Goodbye at the Gate

Are you worried about how the first back to school drop off will go?

School drop offs might look different when school resumes, some children and parents might find saying goodbye difficult. We can prepare our children for this by:

### Planning ahead:

- Talk about whatever details you already know – who will be where to drop and pick them up. Reassure them the teachers will help them if any changes are made.
- Create a quick goodbye 'ritual' for each child e.g. a secret handshake, special wave or triple kiss just for this occasion.
- Organise for a buddy to walk into school with them or for them to keep a special item that helps them feel "brave".



### Practice, Practice, Practice!

- Practice small periods of separation prior to school starting e.g. hanging out the washing while your child stays inside or leaving them with a friend while you go to the shops.
- Practice your goodbye ritual so your child knows what to expect.



### At the gate:

- Remain calm, confident and be consistent.
- Give your child your full attention.
- Say a proper goodbye (but keep it brief) and tell them when you'll be back e.g. "I'll be back later today after school". Do not sneak away when your child is distracted and don't linger.
- Perform your goodbye ritual once only.
- Reassure them that their teacher and school staff will be there to help.

