



## Early Years Inclusion Team

### Separation anxiety


#### What is separation anxiety?

It's natural for your young child to feel anxious when you say goodbye. In early childhood, crying, tantrums, or clinginess are healthy reactions to separation and a normal stage of development. Separation anxiety can begin before a child's first birthday and may pop up again or last until a child is four years old. However, both the intensity level and timing of separation anxiety vary tremendously from child to child.

Things to consider when a child has difficulty in separating from their parent and displays high levels of anxiety and needing reassurance.

- Has the child had time to settle?  
Some children may take longer to settle.  
Some may have little experience outside the family.



-  What do the parents think?

- Have you thought that poor self-esteem and confidence may be at the root of things?

- Does the child know how to play calmly and socially?  
Adults need to model *how* to play.



- How old is the child? What stage of development is he/she at?  
Sharing and turn taking are acquired skills that take some to develop.

- When you have more information about the child you can decide if further action is needed.

- You may want to consider talking to your Inclusion Coordinator/Area SENCo for further advice and support.



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