



## Separation Anxiety

Babies can show signs of separation anxiety as early as 6 months, but 12 to 18 months is the point at which it peaks for most babies. The good news is that separation anxiety will pass and there are ways to make it more manageable. For now, enjoy the reality that you're number one to your child!

Separation anxiety will be most common when you leave your child to go to work or run an errand but you can make things more predictable (and therefore less stressful) for your baby by following these tips;

- **Never leave without saying goodbye.** Kiss and hug your baby when you leave and tell him/her where you're going and when you'll be back, but don't prolong your goodbyes. Resist the urge to sneak out the back door. Your baby will only become more upset if he/she thinks you've disappeared.
- **Maintain a positive and upbeat demeanor.** Your baby is quite tuned in to how you feel. Don't cry or act upset if your baby starts crying — at least not while he/she can see you. Your baby may get the feeling that you don't think he/she will be okay without you, or that there is in fact something to feel worried about if you linger and try to pacify him/her. You'll both get through this. Your child care provider will probably tell you later that your baby's tears stopped before you were even out of the driveway.
- **Once you leave, leave.** Repeated trips back into the child care center to calm your baby will make it harder on you, your child, and the caregiver.

Generally, until your baby is well into his/her second year you should be prepared for a lot of clingy behavior and hesitancy about leaving you or being left. Your baby will learn to manage without you more easily if you are calm, loving, and confident in the way that you say goodbye.

To ease your mind and to ensure that your child is settling in, dial into the Daycare Webwatch cameras and see for yourself.