



## No More Tears: Parenting Tips for Easier Drop-offs

By: Triple P– Parenting

*“I’ll see you later!”*  
*“I promise I’ll be back!”*  
*“You’ll have a great day!”*  
*“Everything will be okay!”*

You might have said these things at the child care or school drop-off while your little one clung to you tightly, begging you not to leave them. They may have tearfully asked you to stay, tugging at your legs and your emotional heartstrings as you tried to go. Let’s face it, goodbyes can be tough, both on our kids and us.

Some level of separation anxiety is developmentally normal for children during their early learning years of education and care. It often starts when children are around six to 12 months old, peaks when they are around 18 months and generally starts to ease off when they are between four and five years. It can happen when young children start care or school for the first time, change center or school, or move up a level. Kids can even go through phases and may be happy to be dropped off one day, then find it harder the next.

Managing separation from parents or caregivers is a skill that children learn over time – and they need your support. It’s important for them to feel safe in the moment, which is a step towards developing independence, trust and self-confidence.

You know your child best and what helps them with goodbyes. For inspiration, here are some additional ideas you could try to help them cope and settle well without you.

### **Maintain a positive attitude:**

When you demonstrate a positive attitude and support them with their feelings, it can ease your child’s fears. Before you go in the morning you could start by talking about some of the exciting things they might do that day. Remind them of the positive people they will see, like their teachers and friends.

If it’s a new school, chat about what activities they might do and can look forward to, such as painting or playing sport. You could even create a ‘my first day’ sign with their favorite things on it, their teacher and age, to build excitement about going. When you get there, set them up at an activity and spend some time with them, or connect them with their educator to welcome them. Make sure to say a short goodbye before you go, so they know you are leaving and to help prevent them from feeling unsettled or confused.

### **Five practical tips to ease children into their day:**

⇒ **Be ready to go:** Reduce stress and rushing by making sure their bag is packed, clothes are ready, and lunch is organized if it isn’t provided. Involve your child in preparing these things if they are old enough.

October 2025

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Please check  
Procure updates  
every day.  
There is  
important  
information  
there!

Also, make sure  
your child al-  
ways has a  
change of  
clothes and/or  
diapers/pull-ups,  
if necessary.

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## Caterpillars/Buttercup Butterflies



Autumn will be bursting in the Caterpillar room during the month of October. We will discover the colors of Autumn through themes such as apples, leaves and pumpkins and learning to feed ourselves.

-Meme

This month's theme will help the Buttercups discover the world around them through play and exploration. They will learn about new places, connecting with others and using their imagination. These experiences support their growing curiosity, social skills and independence while making learning fun and engaging.

-Ms. Denisse & Ms. Yaxi

## Pixie Butterflies

Pixie families, for the month of October we will be learning all about the world while exploring places and people! We will be focusing on environmental awareness, our senses, and our community. A friendly reminder that parent-teacher conferences begin this month!

-Ms. Ashley & Ms. Rochama



## Elf Butterflies



For the month of October the Elves will be focusing on many different interesting topics. We will be focusing on different occupations, continuing to learn our numbers. We have also started counting in Spanish at every meal time! We enjoy it very much. Lastly this month we want to really focus on building connections with our friends, teachers and assuring everyone feels safe and knows that we are a school family.

-Ms. King

## Julia Butterflies

Hello Julia butterfly families, this month we are excited to start learning about letters Pp, Bb, and Rr, weather, folk music exploration, and art exploration. As we learn about these things we will continue to work on spelling and writing our names. Please check your child's file folder daily and make sure your child has a change of clothes in their cubby in case of accidents or spills.

-Mr. Kaliq & Ms. Paige





Ms. Heather's 8 Year Anniversary—October 3rd  
 Ms. Isabella's Birthday—October 15th  
 Pajama Day—October 31st

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- ⇒ **Share stories:** There are great books about being away from family and going to care or school that you could read together, try checking out your library or online for ideas on this topic. You could also share your own experiences of school or care so they can learn from you.
- ⇒ **Practice and prepare:** If they are starting somewhere new, do practice runs to get them used to the environment, or show them photos so they know what to expect. Point things out that they might like: “Look, they have swings!”
- ⇒ **Play a game:** Role play the morning routine with their favorite toys. Let them pretend to be the teacher – kids love to take charge! Try to keep role plays brief if they are getting the hang of it, so it doesn't become a chore.
- ⇒ **Make mornings fun:** Keep mornings as calm and consistent as possible. Try creating a picture schedule of what they need to do to get ready. You could also have music playlist for home or the trip there, let them pick their favorites and have a dance or sing along!

### Have a special goodbye ritual

Examples of goodbye rituals:

- A simple high-five, hug, kiss, or sharing a funny handshake
- Singing a song you both love, or changing the lyrics to be about them, like *Twinkle Twinkle Little Star* but replacing ‘star’ with the child's name
- Saying the same message or words each time you go, such as: “See you later, alligator!”
- Putting a sticker, stamp, or a drawing on the back of their hand so they can look at it and think of you during the day – like a heart or smiley face.

Whatever you choose, it is best to commit and stick to the goodbye ritual. Try to keep it brief and not stay too long, maybe 5 minutes or less. If they are very upset, you can comfort them, but it helps to try to leave when the goodbye is done. You don't need to ‘rip-off the band-aid’ and just drop and go. In fact, it is best if you don't sneak out without saying goodbye, to avoid children feeling overlooked and to help reassure them. If you share drop-offs, make sure everyone else does the ritual, too, like other parents and caregivers or grandparents.

### Spend time apart to ease separation anxiety

You can help by spending short periods of time away from them to help build up their coping skills. This doesn't necessarily mean paying for a babysitter or organizing a playdate without you. You can start small by spending a little time apart in other areas of the house, or getting them to do things without your help, to make a difference to their confidence.

## Bark Owl

*Fireflies & Mud Pies*

Nature is rich with beautiful, free art supplies. From twigs, to rocks, to acorn shells, it is fun for kids to collect and create. This time of year, acorns are abundant. They can be gathered easily.

### Supplies Needed:

- ◇ Bark
- ◇ Acorns
- ◇ Twigs
- ◇ Pumpkin Seeds
- ◇ Tacky Craft Glue or Hot Glue



### Directions:

1. Collect bark, acorns, twigs, and seeds on a nature hunt with the kids. Be sure to collect all items from the forest floor.
2. Gently chip and break the bark into the shape of an owl.
3. Glue 2 acorn caps to the bark to create eyes for their owl.
4. Next, glue a pumpkin seed under the eyes to make a beak for the owl.

Isn't it cute?



### Super Supper

Veggie Lasagna  
With a Side of  
Fruit.

Pick up day is  
Thursday,  
October 16th

Beef Enchilada  
Casserole  
With a Side Salad

Pick up day is  
Thursday,  
October 30th

**\$7.00 each**

**Payment is  
due before  
pick-up.**

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Find us on



#### Mission:

The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

#### Vision:

The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

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