

SEPARATION ANXIETY

Separation anxiety is the child's fear of being separated from a parent and/or caregiver. It is usually displayed by the child crying loudly and perhaps yelling and having a small tantrum.

Separation anxiety usually begins during infancy, around eight months of age, and lasts until age two. The peak time for separation anxiety is between 14 to 18 months of age.

Children are most likely to be affected by separation anxiety when they do not know or understand where their parents are going and when their parents will return. They feel abandoned by their parents at times.

Parents should do some of the following things to help ease separation anxiety in their children:

1. Prepare the child in advance about the separation time.
2. Explain to the child the activities he/she will be doing while you are away.
3. Tell the child when and by whom they will be picked up.
4. Do not prolong the good-byes. This makes it more difficult for the child and parent.
5. Be consistent about how you say good-bye.
6. Explain to the child where you will be. If you work, take the child to your workplace to visit so he/she understands what and where "work" is.