



A Good Goodbye



Early Years Foundation Stage

Often the most difficult part of the school day for our younger children is the start of the day when they have to say goodbye to a parent or a caretaker. Here are some helpful tips to ensure your child will have the best possible start to their school day.

Prepare Your Child for School

When you're on your way to school, tell your child what is going to happen (e.g. "you're going to school and I am going to work/shopping/meeting"). With young children, it is better to keep sentences short but clear. You can talk to your child about the people (friends and teachers) he/she will meet at school as part of the preparation.

Create a Routine

In the mornings when you come in through the school gate, please make sure to take the same route to the classroom every morning. This will make your child feel secure and at home.

When it is time to say "goodbye" to your child, make sure to say goodbye in the same (or very similar) way every day. If you like to spend five minutes playing with your child before you say goodbye, then do this daily. If you like to bring your child to class and hand over your child to a member of staff immediately, then do this every day.

A change in the routine where you suddenly decide to stay much longer and shorter than normal can create an anxious child who will not understand when it is you may be leaving. If you know from the start of the school year that you will only have a short time from arriving at school till you have to say goodbye to your child then instil this routine as early on as possible.

Be Ready for the Goodbye and Mean It!

It is important that you are clear with yourself about when you are ready to say goodbye. Do not say goodbye or let your child know that you are leaving before you are ready for it. A child does not need ten goodbyes, he/she only needs one happy and firm goodbye. A child can much better handle the goodbye when he/she can feel that mum/dad is happy, ready and secure in the situation. We're happy to take over when you want to leave, so please let us know when it's goodbye time. Say goodbye with a smile, this tells your child that you are happy for them to stay on and play.

If Your Child Cries...

If your child cries when it is time to say goodbye then say goodbye with a clear voice and walk out once your child is with a member of staff. Please do not come back to give your child an extra hug or to see how your child is doing. Please don't peek around the corner, children will know you are there. This will only confuse your child. Your child is in safe hands with our experienced staff.

Always, Always Say Goodbye!

Never leave school without having said goodbye to your child. Your child will become very unsettled and anxious if you try to sneak away without a happy smiling goodbye. Remember you are teaching your child what a good goodbye situation looks like, just like you in the future will teach your child how to tie their own shoelaces! Be positive always and be excited for when you will see them again at the end of the day.

