



South Rowan
Academy of Child Development, LLC



Monthly Parent Report

August 2019 Volume 3, Issue 8

Separation Anxiety: Saying Goodbye

Separation anxiety is a stage of development that comes as natural as learning to walk, a stage called cognitive growth. It usually starts around 8 to 10 months of age and sometimes lasts well into the third year or older. It can also disappear for a period of time and may bloom again when new situations arise. Below are helpful tips to ease separation anxiety:

Getting Ready

- Talk to your toddler about his new school before you visit. Tell him about the great toys and all the new friends he will meet.
- Read him books about starting school.

When the Big Day Arrives

- Try and react with compassion and patience when your toddler won't let go of your leg.
- Try and have the same drop-off and pick-up time each day. A consistent routine is very important.
- Acknowledge his feelings. Say, "I know you feel sad when Mommy leaves. Let's bake cookies after school!"
- If your child gets into melodrama, don't join in. Engage him in an activity at school, then calmly leave with a confident smile.
- Don't make your goodbyes too long. Hanging around for more than ten minutes will only make the separation that much harder for both of you.
- Don't ever sneak out. This is not only disheartening to your toddler but breaks down his trust in you.

Adapted from "Say Goodbye and Please Don't Cry" by Blythe Lipman, ParentGuidenews.com



Parent Reminders

- **Annual Registration Fee Due Aug 9** (\$30 per child or \$50 for two)
- **Book Fees Due Aug. 30**
 - ❑ Owls (15 mo-2): \$30
 - ❑ All other classes (2-3): \$40
 - ❑ Graduates (4-5): \$50
- **Opt-In** to sra417@yahoo.com with yours and your child's name to receive this newsletter by email!

Community Events

- Aug 6: National Night Out, Veterans Park, Kannapolis, 5-8 p.m. (food, children's games, etc)
- Aug. 8: Thursdays on Main: *The Embers*, Veterans Park, Kannapolis, 6-9 p.m.
- Aug. 16: Carolina Woodstock Festival (8/16-8/18), Rowan County Fairgrounds, tickets \$5-\$20
- Aug. 17: Stories Under the Stars: *Steve Langley Soap Box Circus*, Kannapolis Library, 7-8 p.m.
- Aug. 24, Family Fun Night, Gold Hill, 5-9 p.m.

Olivia Conner- Aug 15
Serena Edwards (staff)- Aug 16
Ariel Conner (staff)- Aug 20
Kristie Donaldson (staff)- Aug 21
Linus Karriker- Aug 23
Stephanie Bourdier (staff)- Aug 26



Pete's Post

Pete has taken possession of a stuffed monkey he found in the office. Come visit Pete the cat: he loves company!

