

The Good Good-Bye

How a parent says good-bye has a major impact on how their child separates from them. We know how hard it is for the moms and dads to let go of their little ones. Here are the five most common styles of saying good-bye and how they can hinder (or help) your departure.

1. The wishy-washy good-bye:

"Are you sure you're going to be okay?
She might have been just fine-until you asked.
Looking to your child for reassurance is certain to make them feel insecure about being away from you.

2. The slow and painful good-bye:

"Come give Mommy one more hug. I sure am going to miss those hugs while you're at school."
Drawing out the departure makes it even harder, because there is no clear end.

3. The commando good-bye:

"When you get to the class, take out the Legos and build a tower" or "Why don't you paint me a picture of that dog you saw this morning?"
When you decide what your child should do, it's difficult for them to ease into school and discover their own way of separating.

4. The sneaky good-bye:

It may be tempting to slip out while your child is happily engaged in an activity, especially if you know they will let you're a mighty roar when you go. But once your child realizes you are gone, it will be harder to win back their trust.

5. The confident good-bye:

This is the IDEAL farewell- showing your assurance that they will be in good hands. "I'll be back when school is over. See you soon."

