



Drop Offs

Simple Steps for Separation

Dread the drop off?

Separation difficulties can happen to any child at any time during their childhood years.



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A negative experience at school.

Routines to the rescue...

Children thrive on the predictability of rituals and routines. Create a drop-off routine along with your child's teacher. Select a series of steps that you will take every day.

Why my child?

The reasons for these difficult goodbyes at the preschool door are as varied as the personalities of the children who experience them. Here are some possibilities:

A new environment, new faces, and new adults can be frightening.

Difficulty being in a large group where children must share.

Overwhelmed by noise and activity level of a classroom.

Changes in your child's life or returning after vacation or illness can be stressful.

A parent has been away.

Drop-off routine ideas

Create a special goodbye rhyme, song, or handshake.

Leave an "I love you" note that the teacher can read after you leave.

Start a "Goodbye Book" and work on a page together each morning before you say goodbye.

Make a calendar or chart and mark each successful goodbye with a special sticker.

Leave a family photo in your child's cubby.

Talk to your child about what you'll do to say goodbye before your arrive.

For more information contact:

*Keep the routine
simple..It may need to
change over time.*



The Center for Parent Involvement (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at www.fmhi.usf.edu/cfs/dares/fcpi. The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

The Center was one component of a project led by Hillsborough County Center of Excellence in collaboration with the Department of Child & Family Studies at USF's de la Parte Institute and the Florida Children's Forum. Other project partners include HIPPIY (Home Instruction Program for Preschool Youngsters), Hillsborough County Head Start and Hillsborough County Even Start. For more information about these projects, call 813.974.4612.

Parent Support Series, Parent Tip Sheets, #16: Drop offs.

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