

DID YOU KNOW?

Morning Separations: Why Does My Child Cry at Child Care?

***Understanding your child.
Growing together.***



Did you know?

Tears at drop-off don't necessarily mean that your child doesn't like child care. Often, they are simply a sign of a strong attachment to the people who matter most to them.

Young children are still learning that a parent can leave... and come back.

Why does this happen?

Separations can be difficult, especially:

- at the beginning of a new year;
- after a weekend or vacation;
- when a routine changes;
- when a child is tired or experiencing big emotions.

Crying at drop-off is a normal developmental response and **does not mean that your child doesn't like their child care environment.**

Even a child who loves their early learning environment may cry at drop-off.

This is a normal developmental response.

You see...

**Your child cries when you leave.
Your child may be thinking...**

**"I miss you
already."**

**"I'm learning
that you always
come back."**

**"I need a hug or
some
reassurance."**

Try this at home

- Create a predictable goodbye routine.
- Always say goodbye (avoid slipping away unnoticed).
- Keep your goodbye short, calm and positive.
- Reassure your child that you will come back to pick them up.
- Trust your educator to take over and support your child.

Big emotions are often a sign of strong attachments.

How we support your child

When separation is difficult, our team supports your child with care and compassion. Depending on their needs, we may:

- welcome and reassure your child;
- offer a comforting activity;
- acknowledge and name their emotions;
- offer comfort and a reassuring presence;
- help them transition into play and interactions with others.

Every child is unique. We adapt our support to help them feel safe and ready to enjoy their day.

The Developing Brain

Young children's brains are still developing.

The part of the brain responsible for emotions develops well before the part that helps them reason and calm themselves.

That's why children often need a calm adult to help them regain their sense of balance.

Growing Together

Separations are sometimes harder for parents than they are for children. Often, the tears fade quickly once a child feels welcomed, reassured and ready to play. Together, families and educators help children grow with confidence.

Together, we grow.

Every child is unique. Together, families and educators create the conditions that allow each child to thrive.