

A smiling woman with long dark hair and a stethoscope around her neck is on the left. A young boy with short brown hair is on the right, looking towards the camera. The background is a soft, warm yellow light.

Health Happenings

June 2011

(A Monthly Newsletter by Mary Ann Kuehnel, RN, CYSS Nurse)

It's a tough deal, saying "goodbye". Every day hundreds of thousands of our little ones are dropped off at their day care provider and the hugs and kisses go a flyin'. Goodbyes are a very important part of keeping children feeling safe and confident in the day care setting. A good "drop off" is imperative to making the goodbye easier on both the child and you, the parent. Helping the child to prepare for drop off is the key to success. Here are a few tips:

- Let your child know what to expect. Let them know where they're going, who'll be caring for them, and when you (or whomever) will be coming to pick them up. Make sure you state a timeframe the child can understand, such as after a routine activity: "I'll be back when your afternoon nap is over."
- Keep your goodbyes as short as possible. Goodbyes are hard on everyone, including the day care provider. Develop a verbal routine: "Give me a hug and a kiss and know Mommy loves you!" Saying goodbye the same way every morning will help him know what to expect and make him feel more secure.
- Enlist the support of you daycare provider if your child has a difficult time with goodbyes. Perhaps the child can bring a familiar toy or blanket with him to use when they need extra comfort. You may call the caregiver to see how your child is doing once you've reached your destination.
- Finally, when you come back to pick up your child, make it a good experience! Take a few minutes to engage one on one with them. Ask how their day went and what they did. Share what you did while the two of you were apart as well.

Remember, it takes time to learn to accept change. Be patient and reassuring. Don't be surprised if your child completely ignores you when you arrive to pick him up! He may still be angry that you left him! Children will eventually learn coping skills if you'll be consistent. They need you to be calm and confident as they learn to say goodbye.

Consider these suggestions, - perhaps they will help. I hope they will. Now, I could use a bit of my own medicine... it's time for me to say "Goodbye"! I have decided to leave my position as the CYSS Nurse here at RIA. I want to thank all of you for being so kind, accepting, and patient with me. I have been blessed to meet so many wonderful people. God bless all of you, stay healthy, and a very heart-felt "Goodbye" to all!