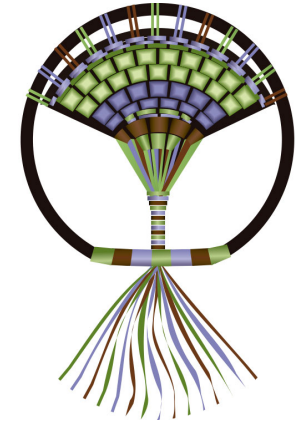


Separation Anxiety in Young Children

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Behavior has a purpose or reason: emotions and low ability to manage them.
Fearful, clingy and aggressive behaviors are signs of separation anxiety.
New social-emotional skills replace the challenging behaviors.

The Nurturing Approach

Beware of the Boomerang Effect



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The more the caregiver pushes the child to confront a fear, the more the child will cling to the caregiver.

- Express emotions and empathize.
- Calm down together.
- Gradually practice in the situation that causes anxiety, in baby-steps!
- Role-model desired behavior.
- Allow child to choose options that are less scary.
- Use farewell rituals and safety objects.
- Reward the desired behavior. Celebrate!



When possible...
Apply to other similar circumstances to reinforce.

Avoid simultaneous life changes that increase anxiety.