Elmo remembers a morning when he had a hard time saying goodbye. At times, is it hard for your kiddo to leave you?
The trick for surviving separation anxiety demands preparation, brisk transitions, and the evolution of time!

Below are 6 tips to ease your child's separation anxiety:

- **Create quick good-bye rituals.** Even if you have to do major-league-baseball-style hand movements, give triple kisses at the cubby, or provide a special blanket as you leave, keep the good-bye short and sweet. If you linger, the anxiety will too.

- **Be consistent.** Try to do the same drop-off with the same ritual at the same time each day you separate to avoid unexpected factors whenever you can. A routine can diminish the heartache and will allow your child to build trust in her independence and in you.

- **Attention:** When separating, give your child full attention, be loving, and provide affection. Then say good-bye quickly despite her/his antics or cries for you to stay.

- **Keep your promise.** You'll build trust and independence as your child becomes confident in her ability to be without you when you stick to your promise of return.

- **Be specific.** When you discuss your return, provide specifics that your child understands. If you know you'll be back by 3:00 pm, tell it to your child on his/her terms. For example, say, "I'll be back after nap time and before afternoon snack." Define time he/she can understand.

- **Practice being apart.** Ship the children off to grandma's home, schedule playdates, allow friends and family to provide child care for you (even for an hour) on the weekend. Before starting child care or preschool, practice going to school and your good-bye ritual before you even have to part ways. Give your child a chance to prepare, experience, and thrive in your absence!

Source: [healthychildren.org](http://healthychildren.org)
Mind in the Making: "What a Difference a Month Makes"
By LeeAnne Moody, Suncoast Campaign for Grade-Level Reading

I was curious and excited at the prospect of taking Mind in the Making. However, I must admit that I also felt a wave of trepidation when I assessed the time commitment involved. Even with a generous roster of dates and blocks of time to choose from, I still found myself stepping back to take a long contemplative pause. To be frank, having to decide just when this would actually be a viable option for me was a bit disconcerting. Sixteen hours of required instruction over 2 days, 2 weeks, 2 months or any practical combination that fell within the 16-hour requirement still seemed like a big chunk of time to commit to without a lot of preplanning. I finally opted for the path of least resistance, and simply followed the voice in my head saying, "JUST GET IT DONE!"

I am so excited for and proud of myself for showing up and allowing something this cool and awesome to color my world. I am even more excited for and proud of our facilitators and my teammates whom after very long days at work with our children, showed up every single week, shining brightly with their hearts open and their wisdom intact, ready to give, receive, learn, and offer even more. I am so excited and proud of the Suncoast Campaign for Grade-Level Reading for ensuring that this vitally important information be made available to anyone in our community who is open and willing to receive it, and to the immense generosity of The Patterson Foundation for funding every penny in order to help create this new path for generations of children to come.

I also want to say that, I miss my Mind in the Making workshop. Seriously, I really miss it.

I miss my MITM facilitators - full-time teachers themselves, Leigh and Holly. I miss their bright smiles, dedication to the subject matter, unwavering kindness, and personal generosity every minute we were together, week after week.

I miss my MITM teammates made up of approximately 20 teachers, school counselors, parents and grandparents, volunteers, homeschooling parents, and special needs instructors, who again, all came from the classroom to join us for an additional 4 hours each week.

I miss the Mind in the Making curriculum. The videos. The projects. The discussions. All of it.
I miss wondering what we are having for dinner especially as I realized that I could trust Leigh and Holly with my finicky palette.

I miss the discussions that were uncomfortable.

I miss disagreeing with someone's point of view and then taking a new look at it through an entirely new lens.

I miss the smiles, eye contact, and transforming body language flowing back and forth across the room as we all began to really see and experience each other from a place of trust and honesty.

I miss the connections we made and the obvious personal healing that took place around our own childhood learning challenges (many of which sadly fostered unfounded beliefs about our own abilities) as we learned about the learning challenges children face today.

I miss the group projects and the interactive sharing.

I miss our facilitators coming around to see how we were doing and the hearty laughs we would share as it became apparent that one or more of us completely misunderstood the directions.

I miss the pure moment when I shifted from just being tolerant to truly supportive and patient when I wasn't initially that interested in what someone else was saying... and how it felt to experience that same genuine support and patience flowing to me from others.

Honestly, I miss all of the layers of this journey I had with these complete strangers and how we really did create a VILLAGE.

I miss MIND IN THE MAKING.

This was not a course, this was an experience. This was a lesson in building community from the ground up. This was recognizing our individual strengths and watching what happens when we weave them together with the Village at our center.

What a difference a month makes.

Feeling so Grateful.

Each Mind in the Making workshop provides participants the opportunity to reflect on their own experiences and practices, learn what researchers have discovered about how children (and adults) learn best and discuss how to apply the knowledge. This program is an excellent way to improve communication, become a better role model, and demonstrate the essential life skills, so children can be ready to learn.

Childcare and food is provided.

If you would like to have a series of workshops at your place of employment, church, or community organization, or are interested in participating in the workshops, please contact SCGLR at info@gradelevelreadingsuncoast.net.

attack the night before.

- At the beginning of the year, find out what day school starts and make sure your child has the required shots.

- Introduce your child to her/his teachers and classmates before school starts to help her/him transition.

- Don't let your child stay home unless she/he is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.

- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her/him feel comfortable and excited about learning.

- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.

- Avoid medical appointments and extended trips when school is in session.

Attending school regularly helps children feel better about school and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.
When we work together to monitor data, encourage a habit of regular attendance, and reduce hurdles that keep children from getting to school, chronic absenteeism will eventually wither away.

We welcome your thoughts. Contact us at info@GradeLevelReadingSuncoast.net.