

5 WAYS TO BUILD A SENSE OF CONNECTEDNESS WHEN SEPARATING FROM YOUR CHILD

01

GIVE YOUR CHILD A PHOTO OF YOU TO LOOK AT. A VISUAL LIKE THIS CAN HELP YOUR CHILD TO FEEL YOUR PRESENCE WHEN YOU'RE NOT PHYSICALLY THERE.

02

CREATE A SHORT, VISUAL STORY ABOUT YOUR TIME APART FROM EACH OTHER ENDING IN YOUR REUNION.

03

PLAY GAMES LIKE HIDE AND SEEK (WITH AN EMPHASIS ON A JOYFUL CELEBRATION WHEN YOU FIND EACH OTHER) TO EXPLORE SEPARATION WITHIN THE SAFETY OF PLAY.

04

PLAN A SPECIAL FAREWELL RITUAL TO CREATE CONSISTENCY, FAMILIARITY & A SENSE OF SAFETY AT THE TIME OF SEPERATATION (PRACTICE IT IN ADVANCE!).

05

LOAD YOUR CHILD UP WITH LOVE & CONNECTION BEFORE SAYING FAREWELL. IF YOU CAN INCORPORATE MOVEMENT & LAUGHTER INTO THIS IT CAN HELP TO EASE ANXIETY.

NEED HELP WITH THE ABOVE? PLEASE REACH OUT.
YOU DON'T HAVE TO NAVIGATE THIS ALONE.

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