

SHARING THOUGHTS ABOUT HELLOS AND GOOD-BYES

Dear Families:

Every day, you and your child say good-bye to one another in the morning and hello again in the afternoon. These hellos and good-byes are children's first steps on a lifelong journey of learning how to separate from and reunite with the important people in their lives. Learning to say hello and good-bye to people we love is a process, not something to be achieved in the first week, month, or even year of child care. Indeed, after many years of experience, we adults sometimes find it difficult to separate and reunite. We give special attention to hellos and good-byes in our program because they are such a major part of your child's life—now and always. Being able to separate is necessary if children are going to develop as confident and capable individuals. Learning to reunite is equally important.

How We Can Work Together

- **Try to spend some time here with your child, when you arrive and before you leave each day.** Your presence will help make the transition between home and child care easier for your child.
- **Never leave without saying good-bye to your child.** It is tempting to leave quietly if your child is busy and not noticing you. By saying good-bye, you strengthen your child's trust in you. Your child knows that you will not disappear without warning. When you are about to leave in the morning, I will be happy to help you and your child say good-bye.
- **Create hello and good-bye rituals.** A good-bye ritual might be as simple as giving your child a giant hug before you leave. A hello might be to come into the room, kneel near your child, smile, open your arms wide, and softly call his name. Having rituals offers both of you the comfort of knowing what to do.
- **Every day is different.** Be aware that, on some days, good-byes and hellos will be harder than on other days. Your child's stage of development and other factors, such as being hungry, tired, or upset by a change in your schedule, can make saying good-bye and hello difficult.
- **Bring familiar items from home.** We welcome family photos and other reminders of home that we may keep where your child can reach them. Seeing these special objects will help your child feel connected to you throughout the day.

By working together, we can help your child feel comfortable, secure, and confident in child care.

Sincerely,