“Mommy, don’t leave!”

Why does my child cry when I go?

- For young children, you are really gone
- Older children want to be with you and miss you
- Some are scared, lonely, sad, worried

How can I help?

- Prepare your child in advance for what will happen that day
- Try to have the same person/people watch your child
- Explain that you will be back to pick them up and when
- Stay calm and don’t show your concern, irritation, sadness
- Can have transitional objects, i.e. a picture, something of yours
- Do not be angry at them for crying. This is how they show you they love you.
- Do not try to run out. Stay a bit and help them ease into the new situation.
- Try to have fun/together time before you have to go.
- Stay a bit when you pick them up to see what they have done that day.
- They may need to be hugged or held a bit when you see them again.
  - It’s ok to do this. You are not making them babies. They will stop this when they know they can get your hugs when needed.