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Supporting Children During Separation: Visual Tools for Parents & Educators

1. Morning Routine Chart (DONE/NOT DONE)

Use this visual chart to help your child follow a predictable routine each morning. Move each item to the 'DONE' side as it is completed.

Example steps:

- ☐ Eat breakfast
- ☐ Get dressed
- ☐ Pack water bottle
- ☐ Drive to kindy
- ☐ Say goodbye at the gate

Tip: Laminate this chart and use Velcro or magnets for easy interaction.

2. Goodbye Ritual Ideas

Choose a consistent, simple way to say goodbye. This helps your child feel secure and signals it's time to separate.

Options:

- 👋 Special wave or handshake
- 💕 Kiss on the hand
- 🗣️ 'See you after snack!'
- ✉️ Small comfort note or item in pocket



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3. Transition Helper Roles

Give your child a purposeful task to ease the transition from car to classroom.

Suggestions:

- 🧴 Carry their water bottle or bag
- ✉ Bring a note or item to the teacher
- 🧩 Set up an activity like blocks or puzzles

4. Calming Car Routine Tips

Create a predictable, calming environment in the car to support emotional regulation before drop-off. Ideas:

- 🎵 Play soft or familiar music
- 🧸 Use a sunshade or bring a cozy item
- 🚗 Pause to finish a song or drink water before getting out

5. Quick Wins for Drop-Off

Small, simple strategies can ease separation challenges.

Try this week:

- ✅ Introduce a goodbye ritual
- ✅ Let your child carry something inside
- ✅ Start with a quiet activity on arrival