

How do I make it easier for my child to say goodbye?

Familiarisation with the playgroup

On your first visit to the playgroup, it is important that the parents stay with their child for the entire time.

It gives you the opportunity to get familiar with the room, the other children, and the playgroup teacher. From the second playgroup visit on, the following tips can help your child to stay alone.

- Say goodbye to your child **briefly and warmly**.

Delaying the goodbye only makes it harder for both sides. Reassure your child that you will be back. Hand the child over to the playgroup teacher. We want to avoid taking the child from your arms. You should never sneak off without saying goodbye. Your child will not understand this and will look for you.

- Please **leave the playgroup as quickly as possible** after saying goodbye. Please do not remain in the cloakroom. If your child sees you there, the separation is not possible, and the child will shuttle back and forth between the playgroup room and the cloakroom.
You are welcome to wait in the car park / car or go to Migros for a coffee if you would like to stay nearby. Please remain reachable by phone!
- It is ok and normal if your child cries when saying goodbye. It is allowed to express its pain of separation and the playgroup teacher will do everything possible to comfort it.
- If the child is still crying after 30 minutes, **you can rely on the playgroup teacher to call**. Then the pain of separation is too great, and the child should go home.
If you receive a call, we ask you **to pick up the child immediately and go home together**. This helps your child to understand that it should only stay in the playgroup for a short time without mummy and daddy, but that it will be picked up whenever it feels sad.
- Step by step, in consultation with you, the playgroup teacher will increase the time the child stays in the playgroup without you. (Usually, a quarter or half hour is extended at a time).
- In exceptional cases, the playgroup teacher may decide that you can stay in the room with the child for a short time. In this case, please take a seat and read a book, for example. You are available for your child, but please do not take an active part in the playing.
- A pacifier, a cuddly or favourite toy will help to ease the pain of separation. Ask your child what would help.

Have faith in your child, it will manage the situation. You can also have confidence in yourself and in us playgroup teachers. Together we will help your child.