



SEPTEMBER 2008



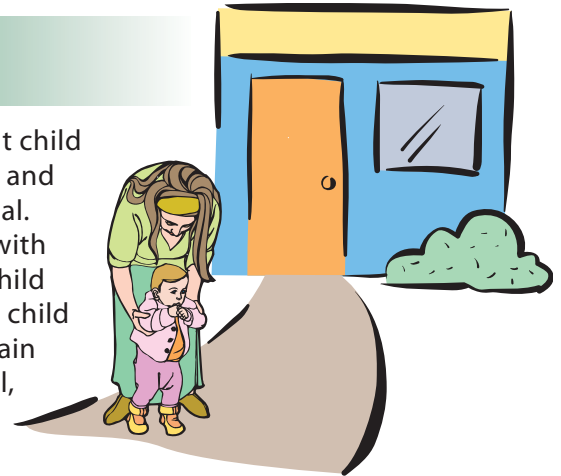
Family Time Work Time

A BALANCING ACT

Building Strong Families

Leaving Your Child at Child Care

Saying goodbye can be hard for a young child being dropped off at child care and also for you, the parent. Sometimes a young child will cry and cling when her parent starts to leave. This is upsetting, but is normal. It's called separation anxiety. Some children have more problems with separation than others. Some are fearful the first time they go to child care, but even a child who has been perfectly content being left at child care may suddenly develop separation fears. This can occur at certain stages of a child's development. While separation anxiety is normal, it can cause parents to worry.



A young child does not understand that her parent will be back. You can help your child learn to say goodbye by having a goodbye routine that stays the same every day. On the way to child care talk about what you both will be doing during the day. Also talk about what you will be doing together after child care. Say when you will be back in terms your child can understand, such as after naptime or after snack.

Take time for your child to get settled when you arrive at child care. Try not to rush in and out. Greet the caregiver. Put your child's coat or other things away. Give your child a kiss and hug, say goodbye, wave to each other, then leave. It is best to say just one goodbye, but always say goodbye. If your child is playing contentedly, do not be tempted to sneak out without saying goodbye. You want your child to know she can trust you.

Many children go through stages when separation fears are stronger than at other times. This is normal. Just continue to have your regular goodbye routines to help your child through these times.



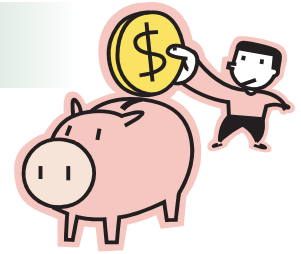
At the End of the Day

Children react in different ways when you pick them up at child care. Your child may have been crying when you left him at child care that morning, but now may be so busy playing he does not want to leave. He may just glance at you and go back to playing. Other days your child may run to you, eager to be held. You never know.

However your child reacts, the best way to handle leaving child care is to give your child a warning that he has five minutes left to play. This can give you time to talk with the caregiver and gather your child's things. Make sure your child helps clean up, then say goodbye to everyone as you leave. Having the same goodbye routine every day will help your child.

From Piggy Banks to Bank Accounts

Young children often have piggy banks or other special places to keep their own money. When you encourage your child to keep her money in a safe place and to save it for the future, you begin the process of teaching your child about money and finances.



Those who are experts in money matters recommend “the three S’s.” These are saving, spending wisely, and sharing. This means teaching your child the different things to do with her money.

Saving

Teach your child to put some of her money away to save for future purchases. This can be in a “piggy bank” or other place at home. It may also be appropriate for you to help your child open a savings account at a local bank.

Spending

Teach your child how to spend money wisely and how to become an educated consumer when shopping for something. Take your child shopping and show how you make your decisions to buy something.

Sharing

It is good to encourage your child to be generous and help others. This can be by making and buying small gifts for other family members or friends. It can also be donating to a good charitable cause.



Give your child a weekly allowance and teach her ways to manage her money in a balanced way. You can also pay your child for extra work around the house or yard as a way she can earn some extra money. Start young. Teach your child how to handle money responsibly.

A recommended children’s book on this topic:
[The Berenstain Bears’ Dollars and Sense](#),
by Stan and Jan Berenstain



Family Time/Work Time: September 2008

Dr. James E. Van Horn, Better Kid Care Program Director

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