

Confident Goodbye

As of July 17, 2026

A consistent and confident goodbye routine helps children build trust, independence, and confidence as they transition into care. Separation can be difficult for both children and families, and our team is here to support a positive transition.

Before Your Child Starts

Families are encouraged to establish a consistent goodbye routine before the first day of care.

- Talk positively and simply about starting care and what your child can expect.
- Visit or drive past the campus so your child becomes familiar with the environment.
- Practice short separations at home with another trusted adult and gradually increase the length of time apart.
- Establish consistent wording for saying goodbye and returning, such as, “I will see you after nap time.”
- Ensure your child is well rested and arrives with everything they need for the day.

At Drop-Off

Please arrive on time and allow enough time to complete your child's arrival routine without feeling rushed.

Once you have said goodbye, please hand your child to a staff member and leave promptly. Avoid repeated goodbyes, prolonged conversations, or returning to the classroom after leaving. This also means avoiding lingering near windows where your child may see you.

Your child may cry, cling, or become upset during separation. This is a normal part of the transition for many children. Staff will comfort and support your child and help them transition into the classroom routine.

If you anticipate that drop-off may be particularly difficult, please let your Campus Administrator know in advance so that we can be prepared to assist.

Consistency Is Important

Children take cues from the adults around them. A calm, confident, and predictable goodbye communicates that the child is safe and that their caregiver will return.

We recommend:

- Keep goodbyes brief, positive, and consistent.
- Tell your child when they will see you again using language they understand.
- Follow through with the routine you have established.



- Encourage your child to walk into the building and participate in their own arrival routine when developmentally appropriate.
- Avoid returning home or keeping your child home because of a difficult drop-off unless advised by the Centre.

We recommend avoiding:

- Prolonged or repeated goodbyes.
- Negotiating for “one more hug” or extending the goodbye once it has begun.
- Showing significant anxiety or uncertainty during the separation.
- Returning to the classroom or attempting to watch your child after leaving.
- Making comments that may cause your child to worry about leaving you, such as “I’m going to miss you so much.”

Instead, keep the focus on your child’s day: “You are going to have a great day. I will see you after school.”

If Separation Is Difficult

Every child adjusts at their own pace. Some children settle quickly, while others require more time and consistency. Staff will monitor your child’s adjustment and communicate with you if we have concerns about their ability to settle or participate comfortably in the program.

If your child is having difficulty separating, we may work with you to adjust the arrival routine or identify strategies that best support your child’s transition.

In some cases, having another trusted adult complete drop-off for a period of time can be helpful if a child’s separation is particularly difficult with one caregiver.

Our Commitment

Our educators have extensive experience supporting thousands of children through transitions into care. We will provide reassurance, comfort, and appropriate support while helping your child become comfortable and confident in their classroom routine.

A consistent partnership between families and educators is an important part of a successful transition.