



Resources for Dealing with Separation Anxiety

Storybooks on the subject

Stories about other children experiencing the same fears and emotions and overcoming them can help a child to gain confidence and strategies for dealing with separation anxiety.

The Kissing Hand by Audrey Penn

School is starting in the forest, but Chester Raccoon does not want to go. To help ease Chester's fears, Mrs. Raccoon shares a family secret called the Kissing Hand to give him the reassurance of her love any time his world feels a little scary.

I Love You All Day Long by Francesca Rusackas

Owen's anxious question prompts this heartwarming, comforting tale of how a parent's love stays with a child whether they are together or apart – all day long.

Mum Goes to Work by Libby Gleeson & Leila Rudge

It is early in the morning and everyone is arriving at the child care centre. It is noisy and busy and Mum is going to work. "Bye, Mum, Bye". Each double page spread is dedicated to a child and their mother, each who have a different career. There is a student, a teacher, a café worker, a nurse, a gardener, a retail worker and an office worker. The children are busy at childcare playing and painting and napping and imitating their parents. Then it is time to go home ready to do it all again tomorrow.

I Want My Mummy! by Tracey Corderoy

Arthur's Mummy has to go to work and it is his first day without her. Dressed in his dragon costume and with his favourite dragon toy he is off to Granny's for the day. Lucky for Arthur his Granny is excellent at Games and distraction until it is time for Mummy to come back.

Don't Go! By Jane Breskin Zalben

Daniel's going to nursery school! He has a new classroom, a new teacher, and a brand-new cubby for all his things. But when it's time for his mother to leave him, Daniel doesn't want her to go. It takes a very special goodbye—and a reminder that she will always come back—to assure him that he'll be fine.

First Day Jitters by Julie Danneburg

Everyone knows that sinking feeling in the pit of the stomach just before diving into a new situation. Sarah Jane Hartwell is scared and doesn't want to start over at a new school. She doesn't know anybody, and nobody knows her. It will be awful. She just knows it. With much prodding from Mr. Hartwell, Sarah Jane reluctantly pulls herself together and goes to school. She is quickly befriended by Mrs. Burton, who helps smooth her jittery transition. This charming and familiar story will delight readers with its surprise ending.