

PARENTING TIPS FOR MOMMY AND DADDY ARE GOING ON A TRIP

1. Prepare your child for your departure by reading *Mommy and Daddy Are Going on a Trip* for a few days before you leave. This will give your child time to process the change.
2. Give your child a picture of you to keep by his/her bed.
3. When you call home, speak with the caretaker rather than your child. Talking on the phone will only reintroduce the idea that you're gone and make it harder for your child.
4. Make a daisy chain out of paper or paper clips. Use one link for every day you are gone. Let the child tear off one link every night. Make sure the daisy chain is safe and age-appropriate.
5. Hang a calendar and mark the day you are leaving and the day you're coming home so your child can visualize the timeline.
6. Don't rush saying good-bye. Set aside enough time in case your child needs to cry, cling or vent other feelings about not wanting you to go. He/She will need to get used to the idea.
7. When it's time to leave, do not "sneak out" to avoid saying good-bye. This can break the trust between parent and child and make the separation even more difficult.



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