

PREPARING CHILDREN FOR A CAREGIVER'S ABSENCE

GOAL:

To help ease your child's transition during time away from a caregiver

1. **Anticipate challenges** for your child, such as missed birthdays and waiting for return.
2. **Involve your child.** Make an album or calendar together.
3. **Prepare materials** for your child such as a prerecorded book or special birthday cards.
4. **Notify** teachers, coaches and other key adults of the caregiver's absence.

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➤ *Do your best and forget the rest*