

# EMERGENCY GUIDE FOR SEPARATION/REUNION

AT THE DAY CARE CENTRE, AT SCHOOL, WITH GRAND-PARENTS...

*Tips to ease separation/reunion*

**Stop**  
Enfance  
sans violences **VEO**

## Why are separations and reunions sometimes difficult to deal with?



Does your child start to cry when you arrive at the day care centre or school?  
Does he not want to leave your arms and struggle when you want to leave him?  
Or does he run away from you when you arrive to pick him up?  
Do you feel uncomfortable during these moments of separation/reunion?

### **Understanding the attachment theory to understand the difficulty of separation/reunion.**

Attachment is your child's **need** to form a special emotional relationship with the caregiver. The attachment bond provides a sense of security and comfort that your child manifests when crying. As a parent, you are your child's **primary attachment figure**. You allow your child to grow up in **emotional security** and **confidence**.

Your child is fully himself in your presence. Separation can therefore be complicated if your child does not feel confident with a third person. On the other hand, at the reunion, your child may be "venting" emotionally because of the pleasure of being with you again and/or the frustration of leaving the place where he has been playing all day.

### *What is an OEV?*

OEV (Ordinary Educational Violence - VEO in French) is physical, psychological and/or verbal violence described as « educational » because it is used to educate and make the child obey and "ordinary" because it is often daily and considered normal.

**In France, according to the law of July 19th 2019:**

**"Parental authority shall be exercised without physical or psychological violences."**

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For more information: [www.stopveo.org](http://www.stopveo.org)

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**Crying** allows your child to express his “disagreement” or sadness at the time of separation.

**Accept his crying without necessarily wanting to stop it as soon as possible.**

Do not rush him. Accept his emotion. Tell him that he has the right to be sad or to express it and that you understand why.



**1**

## The separation

Adjust the separation time if it is stressful for you and/or your child.

If there is one, take advantage of the adjustment period so that your child can become familiar with the place and the people.

Depending on the age of the child, remember to specify the time of day when you will collect him.

**The child ‘undergoes’ the separation and the reunion to the extent that as he does not choose the moment when they take place.**

**2**

## The reunion

Your child may be disturbed to have to stop what he is doing suddenly when you arrive. Wait for him to finish or explain that he can stop when he is ready. He is not trying to provoke you by continuing his game.



A child is unable to manage his emotions, this requires neural connections that begin to be put in place around the age of 5-6 years old. Therefore, the younger a child is, the more difficult, if not impossible, it is for him to verbalise his needs or emotions on his own.

Have confidence in yourself and know that every situation in which you calmly accompany him is a big step for his development and the quality of your relationship in the long term.

