

GAMES TO HELP HEAL SEPARATION

Peek-a-boo / Hide & Seek

Play with babies understand object permanence – that when we go away we will come back. Try Hide and Seek with older kids.

"Don't pull me back"

When we leave, we invite our child to play by telling them what we hope they won't do. So we might say, "I'm just going to go out the door now, I hope nobody tries to pull me back in."

Let your child grab you by the arm and pull you back in. We can fling ourselves back in and land on the sofa for extra cuddles goodbye.

Wrong Way

Get all ready to leave, and then go the wrong way. Open the bathroom or bedroom or even a cupboard door. Then say, "oh dear, that's not how I leave the house is it?"

Now where is that front door?"

The Checklist Game

Look all over their body to check everything is still there, such as legs, arms, bodies, love, and anything funny and silly that you can think of.

Strange Objects

Think aloud when you are about to leave the house, telling your child you need to get your coat/hat/bag. But instead, pick up a broom or a saucepan, or other strange objects that you would never leave the house with, saying, "Oh whoops, that's not right! I don't need to take a broom/saucepan with me, let me try again."



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