



Child Care Lounge



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SEPARATION ANXIETY ONLINE CLASS (3 clock hours)

CLASS DESCRIPTION: This training is designed for caregivers and child care providers. Students will learn about the causes of separation anxiety and how to manage both the child's emotions and behavior.

LEARNING OBJECTIVES: As a result of this training, participants will be able to:

- Describe the process of attachment in young children
- Identify factors that lead to separation anxiety
- List ways to manage separation anxiety.

WHAT OTHERS ARE SAYING:

Breaking down the different levels of separation anxiety helps to identify what steps to take to help the child and parent with the adjustment. Also, I learned what steps I need to take as a caregiver to comfort and redirect the child.

– Tammy R. MO

I found new ideas for dealing with both parents and children that cannot separate in the mornings or leave in the afternoons. Identifying the attachment types actually helps me to help the child.

– Catherine R., IL

I didn't realize that there were different kinds of attachments. That was very interesting for me. That will help in case of a separation problems this year. It was also useful to get some ideas on how to ease this anxiety.

– Amy D., CO

I learned about the causes of Separation Anxiety and how to manage both the child's emotions and behavior.

– Karen W., TN