

# Separation anxiety

■ Read the passage and decide if the statements below are true (T) or false (F). Then correct the false ones.

*What is it?*

Separation anxiety is a sign babies realise how dependent they are on the people who **care for** them. That can include their parents, their grandparents, as well as babysitters.

Babies' strong relationship with these familiar adults means they do not feel so safe without them and it can even make babies feel unsafe in new situations or with new people.

*How can you manage separation anxiety?*

- Practise short separations from your baby to begin with.  
You could start by leaving them in someone else's care for a few minutes while you **nip** to the local shop. Gradually work towards longer separations, and then leaving them in less familiar **settings**.
- Talk to your toddler about what you will do together later.

When you see them again, they have something **to look forward to** with you.

- Leave something **comforting** with your baby. It may comfort your baby to have something they identify with you – like a scarf with your **scent** on or a favourite toy – **close by**. This may reassure them while you are away.

- Make saying goodbye a positive time. When you leave your baby, however sad or worried you may be feeling, smile and wave goodbye confidently and happily, **otherwise** they will feel your tension.

**to care for:** *occuparsi di*  
**close by:** *a portata*  
**comforting:** *rassicurante*  
**to look forward to:** *da aspettarsi*  
**to nip:** *fare un salto*  
**otherwise:** *altrimenti*  
**scent:** *profumo*  
**setting:** *ambiente*



1. Babies show separation anxiety only to parents.
2. They associate safety with familiar people and situations.
3. Anxiety can be managed through a step-by step approach to separation.
4. Talking to toddlers before leaving them isn't useful.
5. Objects associated to the caring adult can be useful.
6. Smiling and looking confident when leaving a baby is a good way to manage separations.

T	F
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