

Come and Go

Primary Objectives

2a. Forms relationships with adults

Why It's Important

Separations can be challenging for some children. Your child has bonded with you and trusts you to take care of her. It is hard for your child to understand that she will be cared for even in your absence and that although you leave, you will return. Playing simple "disappear, then reappear" games with your child will help her learn that your absence is only temporary.

Materials

Your child's favorite toys

What You Do

1. Choose a time to play this game when your child is feeling comfortable and secure.
2. Show your child the teddy bear and say, *Teddy is going now. Wave bye-bye to Teddy.*
3. Wave to the bear and move it out of sight, either behind a piece of furniture or behind your back.
4. Ask your child, *Where is Teddy?* Encourage her to look for the toy.
5. Show your child the toy again and say, *There's Teddy. Teddy came back for you.* Let your child hold the toy.
6. You can take the game further by telling your child, *I'm going to go but I'll be right back.* Offer a reassuring touch.
7. Walk to another part of the room where she cannot see you. Return shortly, smile, and say, *I'm back*, as you hug your child. This will give her practice watching you come and go. Remind her in a reassuring tone, *Sometimes I go away, but I always come back.*
8. Repeat the activity as long as your child is interested. If she becomes upset or distracted, stop the game and try it again another time.