

Overcoming Separation Anxiety

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About	Format	Resource
A beautiful picture story book about the love that keeps us together when we are apart.	Picture book	The Invisible String
Continuing the narrative from the original storybook, the Invisible String Workbook provides 50 fun creative activities for hands on learning.	Workbook	The Invisible String Workbook
Perfect for any child starting school. It explains the transition into school for children that may be worried or need a little bit of reassurance.	Picture Book	Starting School
A wonderfully illustrated storybook with a humorous narrative about beginning school.	Picture Book	The Pigeon HAS to go to School
A helpful webpage differentiating Separation Anxiety from Separation Anxiety Disorder and support strategies for parents.	Website	Separation Anxiety in Babies and Children
Leigh and Tegan chat to registered psychologist Davina Donovan, about the separation anxiety your little one may feel and how to cope with it.	Podcast (21min)	Little Kids: How to Handle Your Child's Separation Anxiety