



CHILDREN'S BOOKS: SEPARATION ANXIETY

- **The Kissing Hand**

School is starting in the forest, but Chester Raccoon does not want to go. To help ease Chester's fears, Mrs. Raccoon shares a family secret called the Kissing Hand to give him the reassurance of her love any time his world feels a little scary.

Ages 2-5

- **When I Miss You**

'When I Miss You' validates feelings of separation anxiety for school drop-off (as well as sitters and when parents have to leave for work. It's a cute, simple board book for toddlers ages 3 and under, and includes ideas for how to cope with separation anxiety, such as drawing a picture to give to parents when they come back. It's vague enough that you can read it to kids who aren't already expressing separation anxiety without inspiring new fears.

Ages 3 and under

- **The Invisible String**

Best for parents going back to work, extended time away from friends and family, and comforting kids nervous about death. The Invisible String briefly mentions death of an uncle and references heaven - but it's mostly about staying connected to the ones we love.

Ages 3.5+



CHILDREN'S BOOKS: SEPARATION ANXIETY

- **The Kissing Hand**

School is starting in the forest, but Chester Raccoon does not want to go. To help ease Chester's fears, Mrs. Raccoon shares a family secret called the Kissing Hand to give him the reassurance of her love any time his world feels a little scary.

Ages 2-5

- **When I Miss You**

'When I Miss You' validates feelings of separation anxiety for school drop-off (as well as sitters and when parents have to leave for work. It's a cute, simple board book for toddlers ages 3 and under, and includes ideas for how to cope with separation anxiety, such as drawing a picture to give to parents when they come back. It's vague enough that you can read it to kids who aren't already expressing separation anxiety without inspiring new fears.

Ages 3 and under

- **The Invisible String**

Best for parents going back to work, extended time away from friends and family, and comforting kids nervous about death. The Invisible String briefly mentions death of an uncle and references heaven - but it's mostly about staying connected to the ones we love.

Ages 3.5+

