



Separation Anxiety When to Get More Help

Knowing when to seek extra support

Most separation anxiety is a normal, if difficult, part of early childhood, and the strategies in your main guide are designed for everyday separations. Sometimes, though, it's worth seeking professional support.

Signs It May Be Time to Seek Support

Consider talking to a professional if your child's separation anxiety is:

- Stopping them from attending school or nursery
 - Affecting their sleep
 - Stopping them from seeing friends
 - Making it difficult for them to be apart from you at all
 - Becoming more restrictive over time, rather than gradually easing
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Be Curious About Sudden Changes

If a child who has previously separated comfortably suddenly becomes terrified of being left somewhere or with someone, don't automatically assume it's simply separation anxiety. Something may have changed, and it's worth understanding what, rather than applying the same strategies by default.

A Note on Neurodivergent Children

Some neurodivergent children may continue to find transitions and separation genuinely distressing even after years of experiencing the same routine. This often needs a different approach from the strategies covered here, and is addressed separately in another video.

Who Can Help

If you're concerned, a good starting point is usually your GP, health visitor, or your child's school or nursery — they can help you decide whether a referral to a child psychologist or other specialist would be useful.
