Welcome to *Hidden Sparks Without Walls.* We will be starting shortly...

To alleviate background noise and ensure a quiet session, your phones have been automatically muted. Questions and comments can be submitted via the **CHAT FEATURE.**

While we are waiting, activate the chat feature by clicking in the “Chat” tab that is located below the attendees list on the right of your screen.

**When chatting, please remember:**

- Select **“All Participants”** if you would like everyone to see your message. Select **“All Panelists”** if you would like only the presenter and facilitator to see your message.

- If you have any clarifying questions about the format, or the topic, you may click on the **“Q&A”** tab located below the presenter list and enter your questions.
About Hidden Sparks

Hidden Sparks is a non-profit whose purpose is to help children with learning differences reach their full potential in school and life. Hidden Sparks supports professional development for Jewish day schools to help increase understanding and support for diverse learners.

Hidden Sparks’ programs combine school-based professional development in learning and positive behavioral support, classroom observation and coaching. Our philosophy is that by helping teachers meet the needs of struggling students, ultimately all students will benefit.

Now in it’s 10th year, Hidden Sparks has trained 190 coaches in 65 Jewish day schools in New York, New Jersey, Baltimore, Boca Raton, and Chicago, and 4 Israeli cities (Jerusalem, Modiin, Ramle, Ra’anana).
Supportive Separation: A Proactive Approach to Managing Separation Anxiety in our Students and Children

With Randi Goldfarb
August 29, 2017
Randi Goldfarb, Founder and President of Zak & Nat™ (a division of Proactive Connections, LLC) is a seasoned Licensed Clinical Social Worker, published children’s book author, dedicated preschool teacher, mother of two spirited boys, and the creator of the Keep Calm Kit™.

Impassioned to problem-solve and with a focus on proactive based solutions is what drives her mission in life: empowering educators, caregivers and children to connect and stay connected, by creatively building social-emotional skills.
What words/feelings do you think of when you hear the word “SEPARATION”?
Overview of the Session

- Learn from our Separation Stories
- Explore Separation Anxiety
- Develop partnerships for Supportive Separation
Session Goals

Understand Separation Anxiety:
• *Myths and Facts*

Be a Proactive Educator:
• *Learn strategies to effectively manage separation situations*

Be a Prepared Caregiver:
• *Uncover tools you can use for a host of separation circumstances*

Build Social Emotional Skills:
• *Back to Basics*
Our Separation Stories
Separation Anxiety 101

• Separation Anxiety Defined
• Myths and Facts
We All Know the Goodbye Blues...
Question for Participants

What are some of the separation situations you’ve experienced?
Separation Situations

- Home
- School
- Camp
- Community
Supportive Separation: Three P’s

• Prepare
• Practice
• Patience

• Prior to 1\textsuperscript{st} day
• Implementation Day
• Ongoing plan
Three P’s: Prior to 1st Day of Separation

**Educators**
- Pre-communication
- Review Routines
- Internal planning
- Craft plan and share

**Parents**
- Pre-communication
- School Day details
- Role play, games, books
- Create goodbye routine
- Build emotional literacy
- Craft a plan and share
Three P’s: Implementation Day of Separation

**Educators**
- Follow through
- Intentional language
- Body language
- Co-regulator
- Emotion coaching prior to distraction
- Reassure parents

**Parents**
- Remind and rehearse
- Always say goodbye
- Leave, don’t linger
- Display confidence
- Emotion coaching
- Matter-of-fact, firm, empathic and loving
Three P’s: Ongoing

Educators

- Remind/rehearse
- Environment
- Relationship building
- Social Emotional Learning

Parents

- Remind/rehearse
- Flexibility
- Relationship building
- Life skills
Choices Make a Difference: Goodbye Blues vs. Yippee-Yahoo!

Separation Choices:

• Body language
• Communication
• Model and Role Model
Children are like wet cement

Whatever falls on them makes an impression.

- Dr. Haim Ginott
The Benefits: Short and Long Term

Children build critical life skills through separation.

- Self-awareness
- Self-regulation
- Social awareness
- Relationship building and trust
- Responsible decision making
You can't get to COURAGE without walking through VULNERABILITY.
- Brené Brown -
Recap: Supportive Separation Tools

Pre Day 1

- Pre-communication
- Classroom planning
- Home prep phases
- Build emotional literacy
- Establish goodbye and arrival routine

@ Day 1

- Remind and rehearse
- Always say goodbye
- Leave, don’t linger
- Follow through
- Emotion coaching before distraction

Ongoing...

- Relationship building
- Co-regulation → Self-Regulation
- Independence
- Life Skills
- Flexibility and patience
Hooray for the Yippee-Yahoos!
Resources:

Books
- Between Parent & Child-Dr. Haim Ginott
- How to Talk So Kids Will Listen & Listen So Kids Will Talk
- Love and Logic Magic for Early Childhood-Jim Fay & Charles Fay, PhD
- Practical Wisdom for Parents-Nancy Schulman and Ellen Birnbaum
- Raising an Emotionally Intelligent Child-John Gottman, PhD
- The Blessing of a Skinned Knee-Wendy Mogel PhD

Websites:
- www.zakandnat.com
- www.musictogether.com/they-come-back
- www.zerotothree.org/
- www.gozen.com
- www.gottman.com/parents/
- www.wendymogel.com/
- www.babycenter.com
Children’s Picture Book Suggestions

• **Best Behavior Series** - *Elizabeth Verdick*
  Board book series about typical toddler challenges and life experiences. Valuable strategies for how toddlers and grown-ups can approach these challenges are presented in simple and rhyming text.

• **Corduroy Goes to School** - *Don Freeman*
  A sweet and simple book for little ones starting preschool so they know the basics about what happens during the day.

• **F is for Feelings** - *G. Miller and L. Berger*
  One of the better books about feelings as it does not have anything listed in the cute A-Z format that is frightening or leading children to worry about something they may have never thought of (like being afraid of the dark). Illustrations/scenarios are child friendly and relatable for kids.

• **How Are You Peeling?** - *Saxton Freymann & Joost Elffers*
  Uses unique photographs of various vegetables to depict feelings. Great springboard for talking about the variety of feelings we all experience.

• **Sometimes You Get What You Want** - *Lisa Brown & Meredith Gary*
  This book does a great job at depicting how sometimes you get what you want, and sometimes you don’t. This matter-of-fact story uses child relatable scenarios that show this is simply a fact to learn to live with.

• **Yippee Yahoo! I am Going to School** - *Randi Goldfarb*
  Helpful story that approaches separation anxiety with an honest and practical spin. An excellent resource to help little ones and adults work together to best manage the goodbye blues and the challenges of separation anxiety.
“Our task is to help children communicate with the world using all their potential, strengths and languages, and to overcome any obstacle presented by our culture.”

Loris Malaguzzi
## Upcoming Hidden Sparks Without Walls Sessions

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<th>Date</th>
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| Wed. Oct 24, 2017 | For Teachers and Parents: *Technology and Resulting Changes in How Our Children Think and Learn: Implications for Parents and Educators*  
                  | Presented by Dr. Rona Novick                                                  |
| Wed. Nov 1, 2017 | For Parents: *ABCs of Advocacy: How to be your child's best advocate*  
                  | Presented by: Susan Schwartz                                                  |

If you are interested in bringing Hidden Sparks to your school or city, please contact us:  
[212-767-7707](tel:+12127677707) or [sara@hiddensparks.org](mailto:sara@hiddensparks.org)
Contacting Hidden Sparks

Contact Presenter:
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www.facebook.com/HiddenSparks

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