

When I am away from Mum

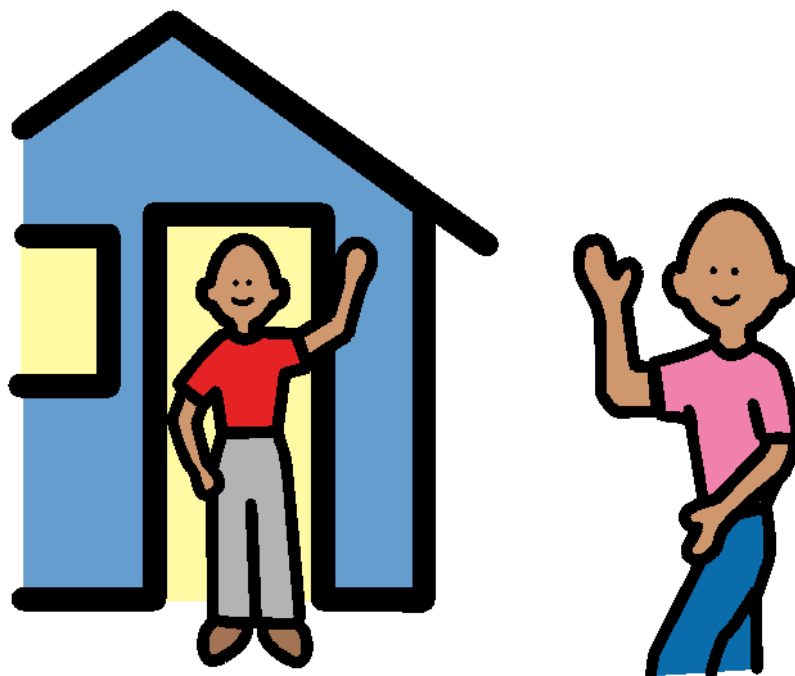


We might go to the shops, or the park,
or play at home.



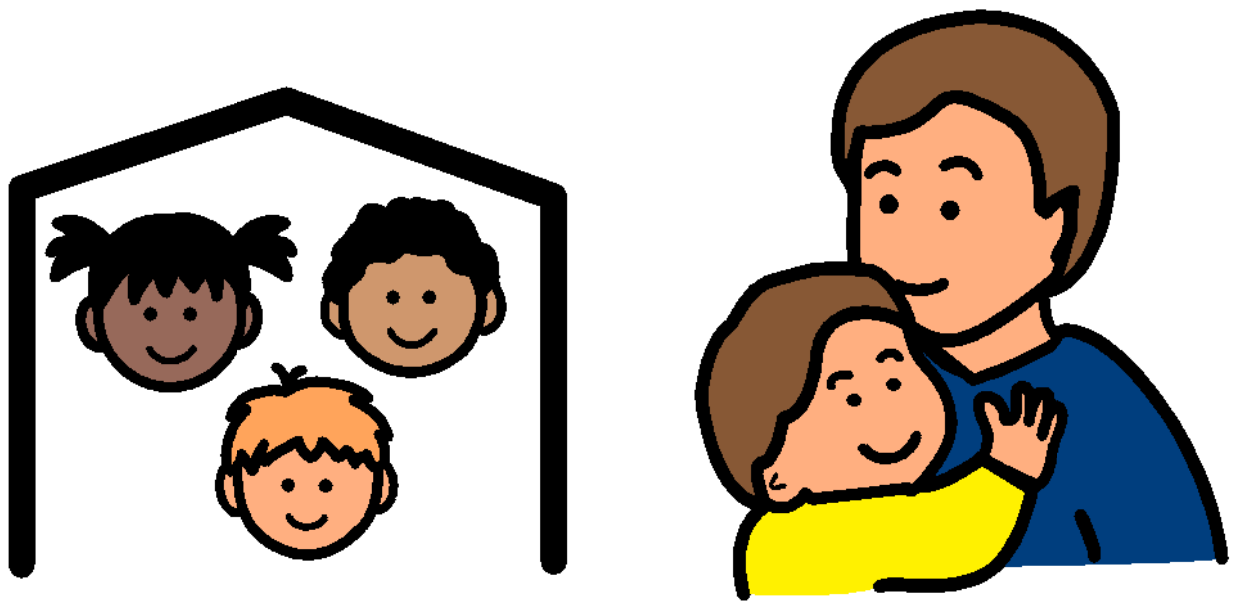
Mum and I like to do things together.

2



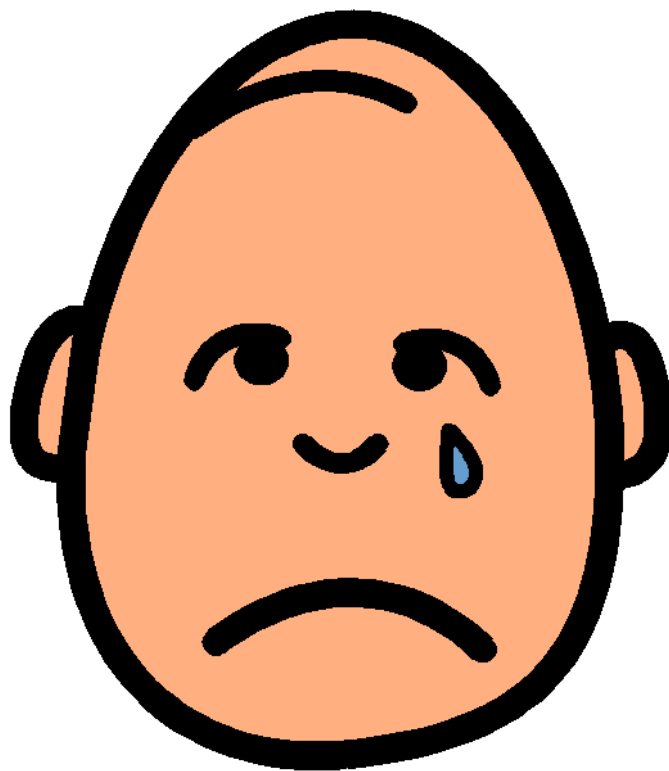
I like to stay close to Mum, but sometimes
I need to be away from her.

4



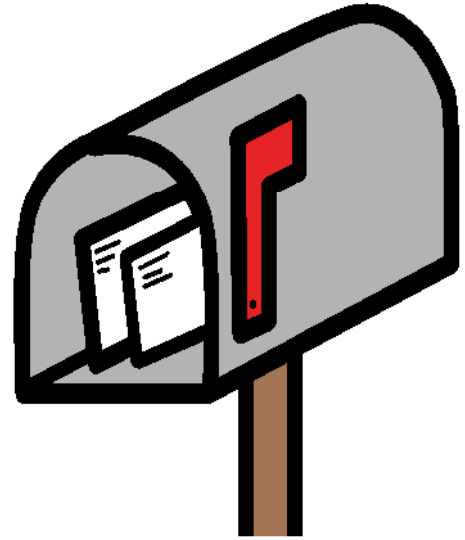
I might be away from Mum when I go to kinder, or when I go out with Dad.

5



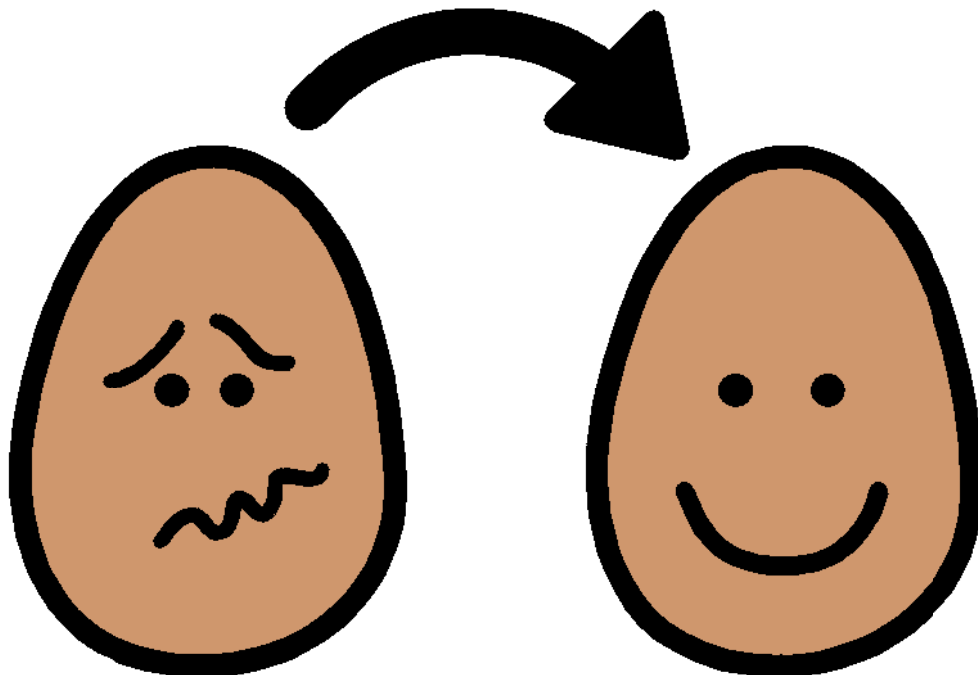
Sometimes when I am away from Mum I feel sad. This is ok.

7



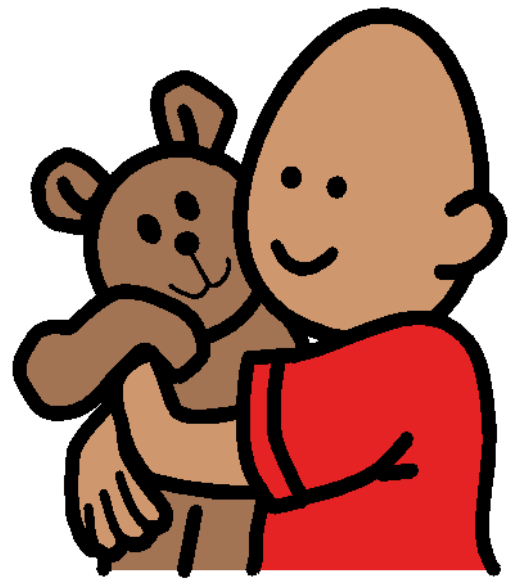
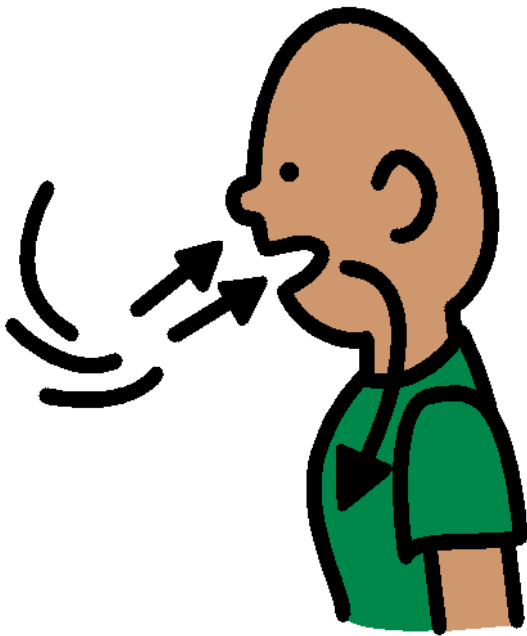
Or when Mum does busy things like hanging out the washing and checking the letterbox.

6



There are things I can do to feel better.

8

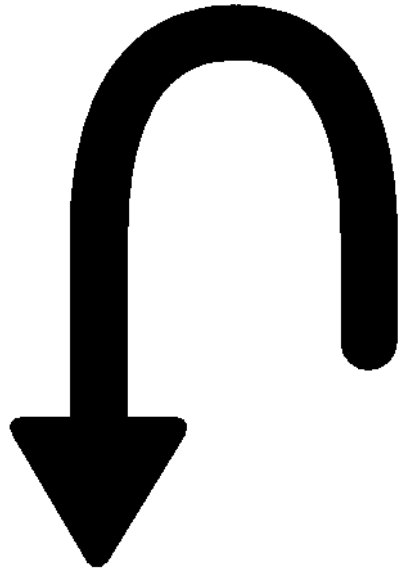


I can take 3 deep breathes. I can cuddle my toys.



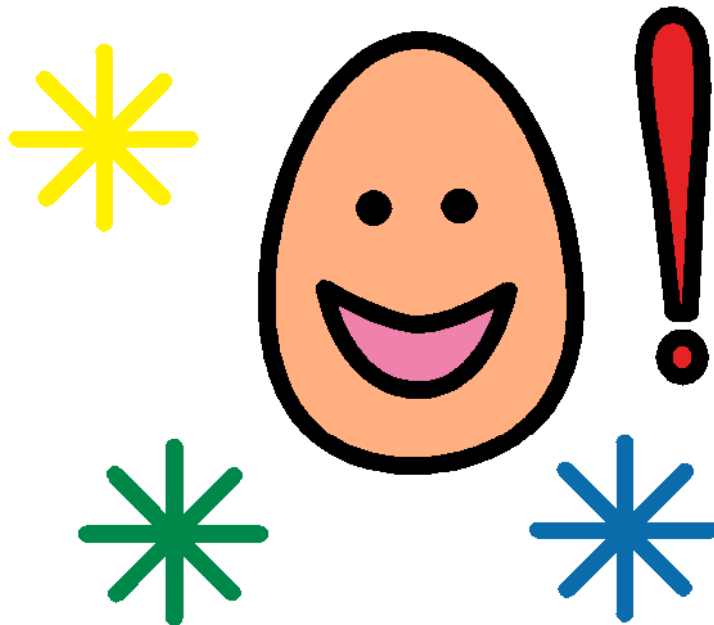
It is not ok to yell or hit when I am sad about being away from Mum.

wait



I can wait for Mum to come back again.

10



When I stay calm and wait for Mum to come back, I feel really happy. Mum and Dad are happy too.