

**What to Do  
When You**

**Don't Want to**

# Be Apart

A Kid's Guide  
to Overcoming  
Separation Anxiety

by Kristen Lavalley, PhD, and Silvia Schneider, Dr. rer. nat.  
illustrated by Janet McDonnell

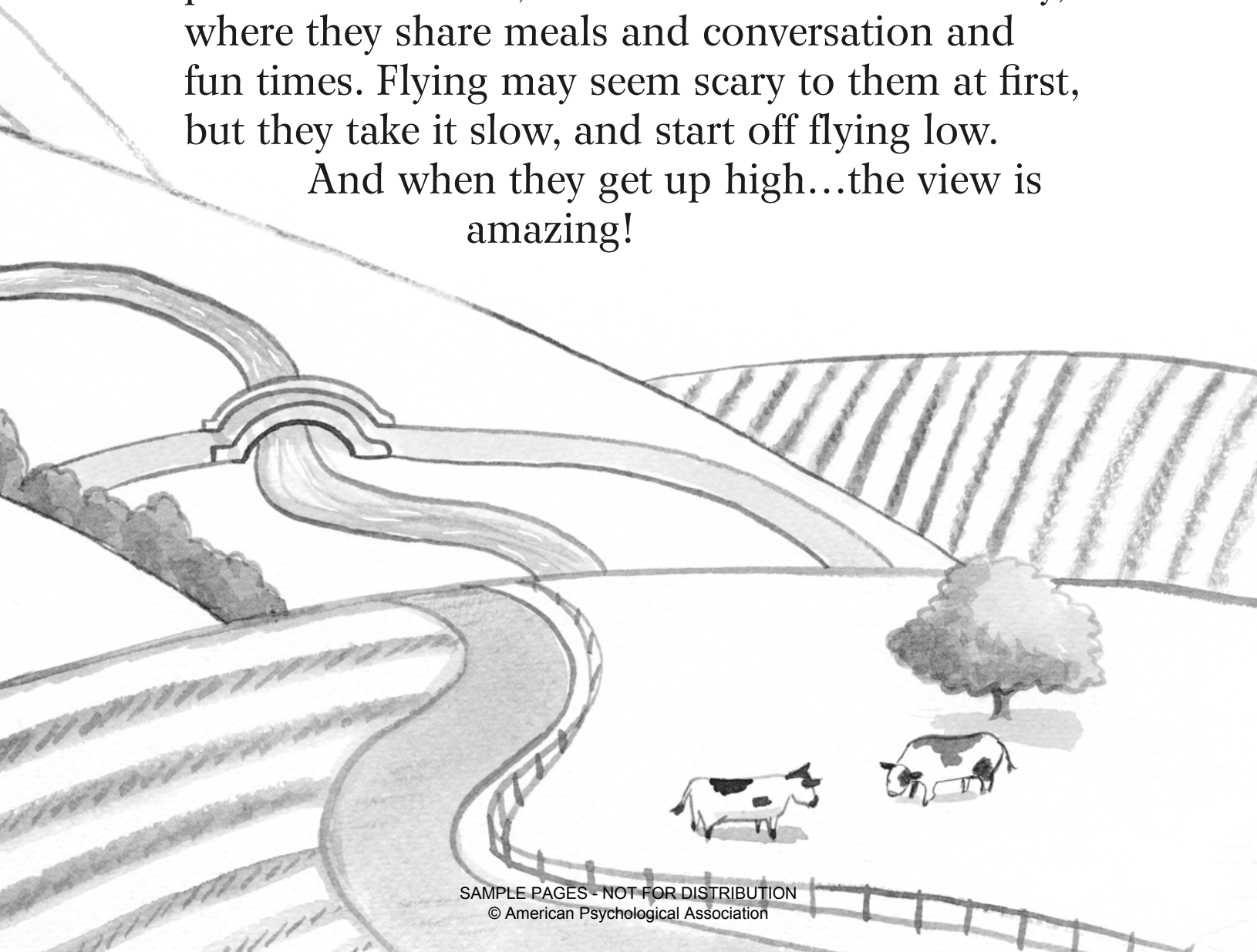




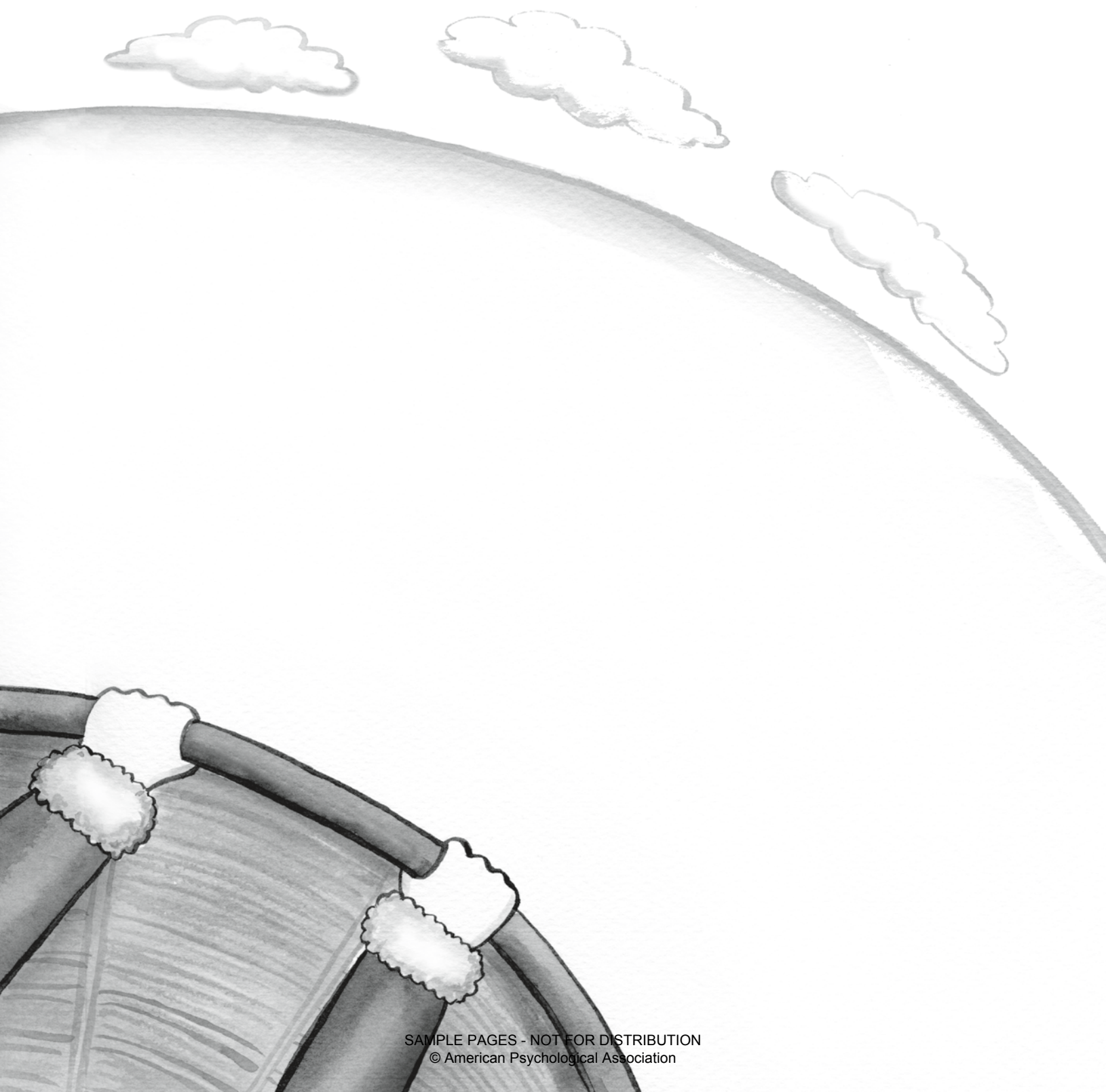
# Flying Your Hot Air Balloon

**H**ot air balloon pilots have wonderful adventures, where they get to fly and see new things they have never seen before and learn all about the world outside. When they're not flying, pilots are at home, with their friends and family, where they share meals and conversation and fun times. Flying may seem scary to them at first, but they take it slow, and start off flying low.

And when they get up high...the view is amazing!

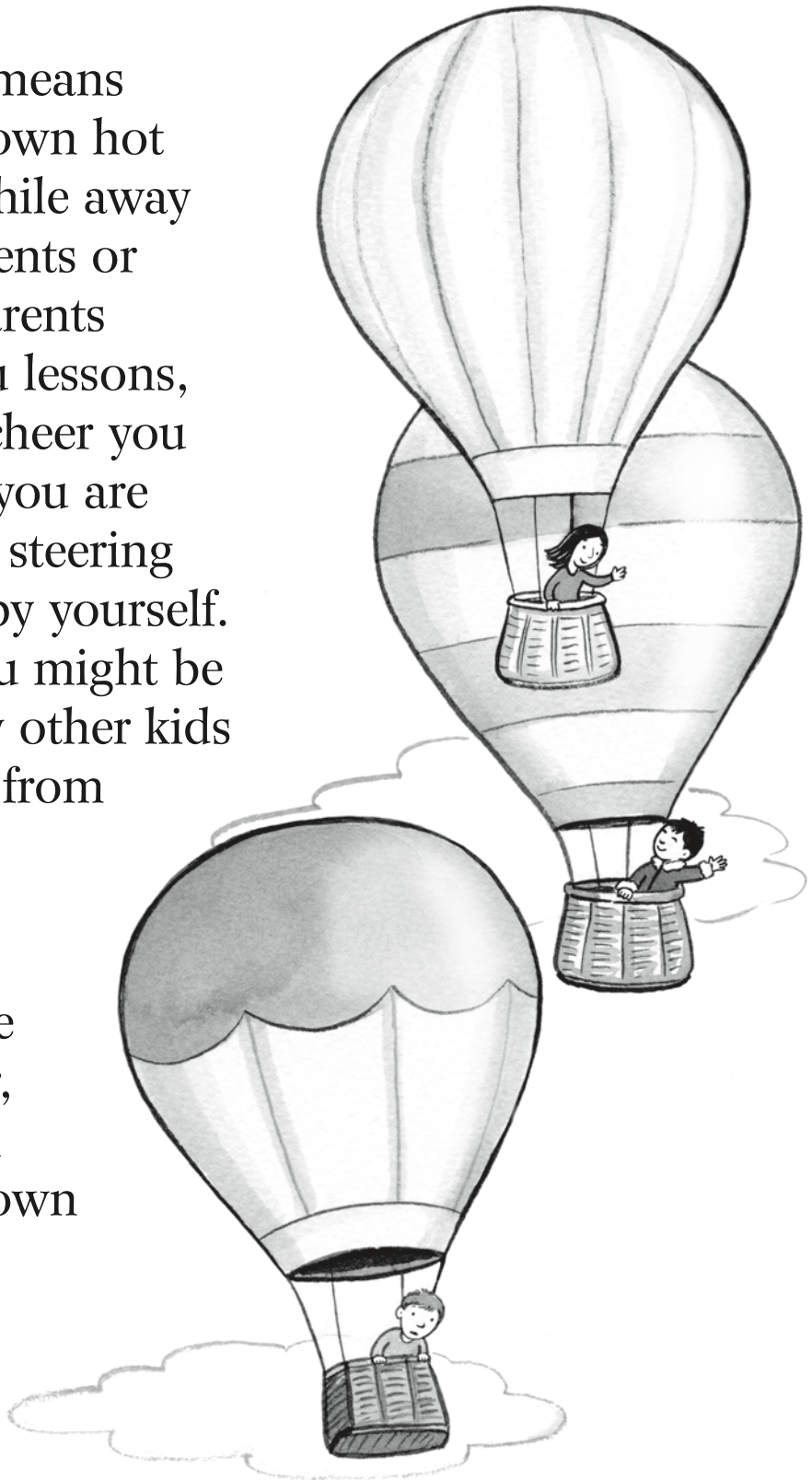


Imagine you are a hot air balloon pilot flying high in the sky. Where would you want to go? What do you think the view would be like from up high? Draw what you'd like to see:



Flying a hot air balloon sounds like a lot of fun to some kids. But other kids have a fear of flying solo.

Flying solo means piloting your own hot air balloon, while away from your parents or home. Your parents might give you lessons, and they can cheer you on, but while you are flying, you are steering your balloon by yourself. Sometimes you might be surrounded by other kids who are away from their parents too, like when you are at school. You are flying together, but you are all steering your own balloons.





Some kids feel scared when they do something alone or away from their parents for the first time. By the way, in this book, we will refer to “parents” or your “mom or dad.” However, not every family looks the same—you might live with a mom, a dad, or both parents. You might have two moms or two dads. You might live with step-parents, grandparents, foster parents, or other caregivers.

No matter what their families look like, some kids might be afraid of sleeping alone, or of going to school or friends’ houses. Sometimes they have bad dreams about being alone. Do any of these things sound familiar?

Here are some more examples of times when other kids are afraid to be away from their mom or dad or other parents or caregivers:

- going to school
- sleeping alone in their own bed
- staying with a babysitter
- going to camp
- sleeping at a friend’s house

What about you? Write down the times that you feel afraid to be away from your mom or dad here.

**Write down the times  
you feel afraid to be apart.**

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What-to-Do  
Guides for Kids®

## What to Do When You Don't Want to

# Be Apart

A Kid's Guide to Overcoming Separation Anxiety

**H**ot air balloon pilots have wonderful adventures, where they get to see things they have never seen before and learn all about the world outside.

Flying a hot air balloon sounds like a lot of fun to some kids. But for other kids, the idea of flying off on their own, away from their parents or homes, doesn't sound like fun at all. If you feel scared when you do something alone or away from your parents, this book is for you!

*What to Do When You Don't Want to Be Apart* guides children and their parents through the emotions underlying separation anxiety using strategies and techniques based on cognitive-behavioral principles. This interactive self-help book is the complete resource for educating, motivating, and empowering children to overcome separation anxiety—so they can become the confident pilots of their very own hot air balloons!



What-to-Do Guides for Kids®  
Helping Kids Live Happier Lives

*What to Do When You Don't Want to Be Apart* is part of Magination Press's award-winning What-to-Do Guides for Kids® series that includes



**What to Do When You Worry Too Much**  
A Kid's Guide to Overcoming Anxiety



**What to Do When Mistakes Make You Quake**  
A Kid's Guide to Accepting Imperfection

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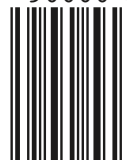
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