

# School Gate Ke Aansu

Taang par bachcha, full grip — aur poori duniya dekh rahi hai

## KYA KARO

1. Goodbye ritual fix karo — hug, high-five, ek line
2. Bolo aur JAO — chehra calm, kadam confident
3. Wapas aane ka time event se batao: "last bell ke baad"

### YEH BOLO

**Hug. High-five. "Main aaungi — last bell ke baad."**

**"Yaad aayegi na — pata hai. Aur main aaungi. Roz ki tarah."**

## YEH MAT KARO

- ✗ Chupke se bhaag jaana — bhar mein vigilance badhti hai
- ✗ Ruk ke lamba drama — sabse mushkil pal stretch hota hai
- ✗ Aansu dekh ke apne chehre par dar laana — woh wahi padhte hain

### SCIENCE KYA BOLTI HAI

Bachcha aapke chehre se dar padhta hai. Short goodbye + pakka return = alarm system shaant.

## Roz ka ek chhota kadam — ProParents app

Poora guide: [proparents.in/parenting/separation-anxiety](https://proparents.in/parenting/separation-anxiety)

Based on CDC's Learn the Signs. Act Early. guidance · Screening, not diagnosis · [proparents.in](https://proparents.in)



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