

# *The following are signs of separation anxiety that children may exhibit when their parent is away.*

## Preschool or Kindergarten Age Children

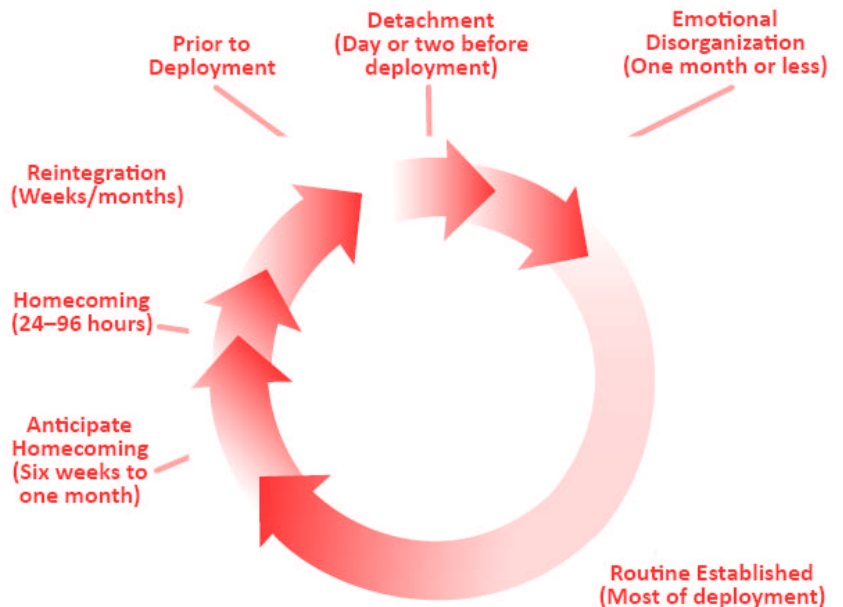
- Clinging to people or favorite toy or blanket.
- Unexplained crying or tearfulness.
- Choosing adults over same-age play mates.
- Increased acts of violence toward people or things.
- Shrinking away from people or becoming very quiet.
- Sleep difficulties or disturbances (waking, bad dreams)
- Eating difficulties or change in eating patterns.
- Fear of new people or situations.
- Keeps primary care giver in view.

## School-Age Children:

- Any of the signs listed above, and:
- A rise in complaints about stomachaches, headaches, or other illnesses.
- More irritable and crabby.
- Problems at school (drop in grades, does not want to go, or general complaining)
- Anger toward at-home parent.

## Adolescents:

- Any of the signs listed above, and:
- Acting out behaviors (trouble at school, home, law)
- Low self-esteem and self-criticism.
- Misdirected anger (lots of anger over small things; directed at siblings/parent)
- Sudden or unusual school problems.
- Loss of interest in usual interests and hobbies.



**Is it a special ed issue,  
something amiss at  
home, trauma....  
or could it be a  
reaction to a parent's  
deployment?**