

# Separation Anxiety and Culture Shock

The Separation Anxiety and Culture Shock on-line workshop will help you understand separation anxiety in newcomer families and the impact of culture shock on the separation process.

The course offers strategies to help you manage separations, as well as parent expectations. From creating a sample separation plan to navigating your way through a gradual separation scenario, you will put these strategies into practice.

By the end of this workshop, you should feel confident in your ability to smoothly and professionally support newcomer children and parents through the separation process.

## Course objectives:

- Understand the basics of attachment and separation
- Recognize the importance of dealing properly with separation anxiety
- Understand, identify and act on signs of culture shock in newcomer children
- Understand, plan and manage gradual separations
- Be able to create separation plan for newcomer children, with involvement of parents and ESL teacher
- Know how to manage expectations of parents, ESL teacher and oneself

## Learner outcomes:

After completing this course, you will be able to:

- Effectively manage newcomer families' reactions to separation
- Effectively manage separation anxiety and culture shock in newcomer children
- Effectively manage the separation process with children and parents
- Work effectively with parents and ESL teachers to support the separation process

## Resources:

- Factors Influencing Cultural Adaptation and Strategies: Quick Reference Sheet
- Managing Expectations: Quick Reference Sheet
- Managing Separations: Quick Reference Sheet
- Recognizing and Responding to Culture Shock: Quick Reference Sheet
- Sample Separation Plan

