The programme ends when your child is two years old

Saying goodbye can feel strange, sad or bittersweet.

We need to talk about the great job you have done over the years. Let's talk about the first impressions we had of each other. We can tell each other what we thought when we met for the very first time.



Remembering a previous farewell:

- Think about a person you had a good relationship with. How did it end?

- Were you able to say what you needed or wanted to say? Was the other person able to say what they needed or wanted to say?

- What was good about the farewell moment? What was not good about it?

- What role does that person play in your life today?

- Will it be easier or harder to say goodbye now?

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A nice farewell

What can we do to make this farewell a good experience?

- Tell each other how we feel about saying goodbye
- Talk about the great work you have done in relation to your baby, at school and at work
- Talk about your goals and plans for the future
- Plan a little celebration for the last visit. For example, have something nice to eat, take photos or do something fun together



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