

TIP SHEET

Healthy Goodbyes



**HORIZONS
FOR HOMELESS
CHILDREN®**

Why are Healthy Goodbyes Important?

Most children in the Playspace have had a lot of inconsistency and instability in their lives. Healthy Goodbyes facilitate a positive transition for the children, and help develop resiliency. Healthy Goodbyes help the children prepare mentally and emotionally for your absence.

What should I say?

Plan to tell the children you will be leaving 1-2 weeks before your last shift. This will give them time to process the change. Focus on the positive, telling them how much you have enjoyed playing with them each week. Remind them that other great PALs will be staying and new friends coming to play. Some children might worry that Playspace will be over once you leave, so reassure them that they will still be able to come play with friends and their favorite toys!

Important Reminders

We recommend you not share your personal information with children and families. This might create unhealthy relationship expectations.

Refrain from bringing gifts or treats for the children to your final PAL shift.

Activity Ideas



- Make cards with hand prints
- Draw a picture of you and children together
- Make a map and show them where you are headed next
- Make a list of all the fun things you've done together