

Saying Goodbye at Drop-Off

A free printable social story for ages 3-7

Separation at drop-off is a common struggle for toddlers and preschoolers, and long, lingering goodbyes often make it harder. This story builds a predictable goodbye ritual and repeats the key message that grown-ups always come back. Read it at home during calm moments, not just in the car on the way to school.

On school days, my grown-up takes me to school.

When we get there, it is time to say goodbye.

Saying goodbye can feel hard. Some kids feel sad or miss their grown-up.

Those feelings are okay, and they usually get smaller after a little while.

We can have a special goodbye, like a hug, a high five, or a kiss on my hand.

After our special goodbye, my grown-up leaves, and I go with my teacher.

My teacher helps me find something fun to do.

While I am at school, my grown-up is thinking about me.

Grown-ups always come back.

At pick-up time, my grown-up comes to get me.

I can tell them all about my day.

Every goodbye gets a little easier.

Tips for Reading This Story Together

- Create one consistent goodbye ritual (hug, high five, wave at the window) and do it exactly the same way every day.
- Keep the actual goodbye short; lingering and returning for one more hug usually restarts the tears.
- A transitional object, like a small family photo in the backpack or a kiss drawn on the hand, gives comfort your child can carry.
- Ask the teacher to have an engaging activity ready at arrival so there is something to move toward, not just away from.

[Read this story online](#) · [More free social stories](#)

Personalize this story with your child's name for free at nameinabook.com — built by the nonprofit Opportunity Hack.