erally lower. Fathers, who are also attachment figures for their children, can help their children and the children’s mothers to handle the difficult time of separation faster and with less stress.

**Conclusions**

The main finding of the research is that: based on gender and trait anxiety, one can predict the level of state anxiety in parents. Additionally, it can be claimed that the level of general fearfulness of parents turned out to be the most important one for predicting the parents’ anxiety during separation from the children. The higher the level of trait anxiety in the parent, the higher state anxiety was. Research results suggest that the role of the father in caring for the youngest children may be very important. Fathers, can help their children and the children’s mothers to handle the difficult time of separation, when both parents are working and a child is staying in the nursery.

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