



Real Life
Families

Dealing with Disappointments

Being able to handle disappointments is an important life skill, but resilience and coping skills don't come naturally...they need to be taught. It's our job to help kids move from the "Oh Well" to the "Now What" and view disappointments as learning opportunities and ways to use their problem-solving, creative thinking, and teamwork skills.



**Oh
Well...**



**Now
what?**

- ***Sometimes kids just need some time and space to feel their raw, real "Oh Well" emotions about their disappointment.***
- ***Home needs to be a safe place to express those emotions.***

WHAT TO DO...



- Don't try to convince your child out of their emotions nor try to "make it all better."
- Show empathy and affection.
- Offer a listening ear and let your child talk.
- Be a source of comfort and encouragement.
- Help your child move to "Now what" when they are ready.

- ***Kids need to be taught that disappointments create "Now What" moments where they get to figure out how to move forward.***
- ***Kids are not "victims" of life's disappointments, but active participants in finding solutions.***

WHAT TO DO...



- Don't try to push your ideas onto your child, but empower them to think of their own.
- Ask them if they want help brainstorming a plan or if they want to come up with one on their own.
- If they want help...
 - Work as a team to brainstorm solutions.
 - Make a list of "Plan B's, Plan C's...and even Plan Z's."
- Remind them that there is always hope!