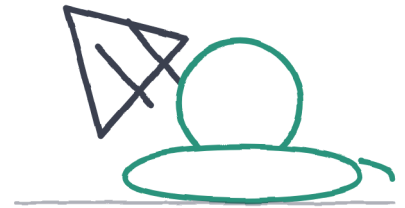


FACT SHEET • PRIMARY

Helping Your Child Cope When Things Go Wrong

Something will always go wrong: a lost match, a cancelled plan, a friend who lets them down at the last minute. What matters isn't stopping the disappointment but how your child learns to come back from it, and that skill is built in the small setbacks of ordinary weeks, not saved up for the big ones later on. These five habits help build it.

**TIP 1****Let them feel it first**

Before "never mind, there's always next time", let your child be disappointed for a while. Rushing to cheer them up can teach them to hide feelings rather than move through them.

TIP 2**Model coping out loud**

Let your child see you handle your own setback calmly, such as a bad day at work or a missed train. Say what you're doing to feel better, so they see the process, not just the result.

TIP 3**Keep routines steady**

When something upsetting happens, hold on to the ordinary things: dinner, bath, bedtime story. A familiar routine tells your child that the rest of the world is still standing.

TIP 4**Ask what they can control**

Once the first upset has passed, if the child is old enough, ask what part of the situation your child can actually do something about. It shifts them from feeling stuck to feeling useful.

TIP 5**Point to a past setback**

At a good time, remind your child of a time they got through something hard before, such as a fall, a difficult test or a friendship bump. It proves to them that this feeling passes too.