



## SPECIAL REPORT

# Dealing with Disappointment



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## DEALING WITH DISAPPOINTMENT

**The Coronavirus is impacting families around the world and changing how we do things on a daily basis.**

In many cases, it has resulted in the indefinite postponement of many special, and often long-awaited events, such as milestone birthdays, sporting competitions, school trips and family holidays.

Disappointment can be a tricky emotion to deal with at any age, but particularly for young people whose world has been turned upside down in a matter of weeks. Although disappointment is a normal part of growing up, adults need to remember that kids have a lot of choice regarding how they respond to it. Their response will determine the impact on their future happiness. Disappointment is considered a healthy and positive emotion that is essential to a child's emotional, intellectual and social development.

It is important to help kids manage their disappointment in order to avoid stronger emotions such as anxiety and depression. Although your first reaction may be to fix the problem, it is better to encourage them to find the words to express how they feel.

In this Special Report, parents and caregivers will be provided with some tips on how to help a child process disappointment and look at the problem objectively. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to your special report [https://thac.nsw.schooltv.me/wellbeing\\_news/special-report-dealing-disappointment](https://thac.nsw.schooltv.me/wellbeing_news/special-report-dealing-disappointment)

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Director of Student Counselling

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