

DON'T LEAVE ME OUT!



HELPING CHILDREN TO COPE WITH REJECTION AND DISAPPOINTMENT

MODEL OPTIMISM

Watch how you present the world to children, as they will pick up your view.

HELP

Help children recognise times in the past when they bounced back from disappointment. Help them recognise those same strategies can be used again

TELL

Tell children how you handle disappointment and rejection. Not only is it reassuring for children to know that their parents understand how they feel but they can learn a great deal by how their parents handle situations.

LAUGH TOGETHER

Laugh together. Humour is a great coping mechanism. It helps them understand that things will get better. They always do.