

# Helping Children Cope with Sadness

## When I Feel Sad

By Cornelia Maude Spelman

In this book, a young guinea pig describes situations that make him sad, how it feels to be sad, and how he can feel better. Share this book with your child and connect it to his or her own experiences.

**A**s adults, it is difficult for us to deal with a child's sadness. We want our children to be happy, and it is painful for us when they are not. But sadness is part of life. We all feel sad sometimes. How we respond to a child's sadness can influence how he or she handles emotions later in life. Use the following tips to provide guidance and support when your child is sad.

- Offer physical closeness.
- Listen in a way that lets your child know you are paying attention and taking him seriously.
- Find a way to show your child that you understand what she is feeling. Don't judge or criticize the emotion.
- Maintain your expectations. Let your child know he is still expected to pick up his toys, etc.
- Be patient. Give your child time before you offer activities to help move past the sadness.
- If your child stays sad for too long, cries frequently, is listless, or has problems eating and sleeping, seek professional help.

### Read More—related books

**The Boy Who Didn't Want to be Sad** by Rob Goldblatt

**Feeling Sad** by Helen Frost

**Up in Heaven** By Emma Chichester Clark

**Mole Music** By David McPhail

**One More Wednesday** By Malika Doray

### Learn More—related information

The American Academy of Child & Adolescent Psychiatry

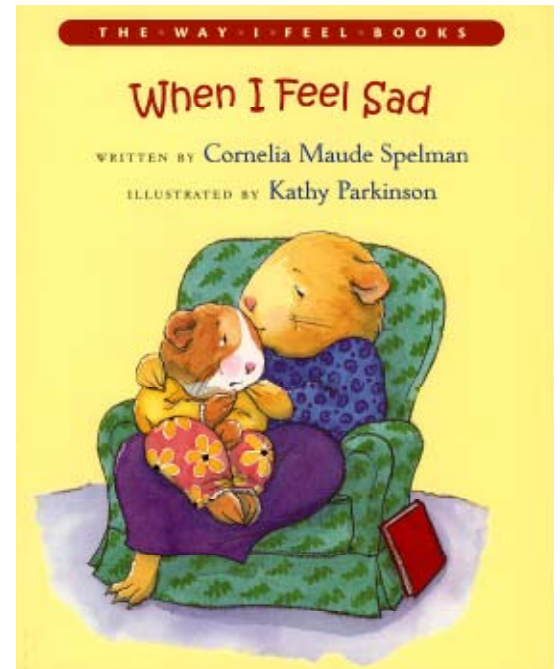
Facts for Families—The Depressed Child

<http://aacap.org>

Talaris Research Institute

The Five Steps of Emotion Coaching

<http://talaris.org/>



### View More—

related shows on WILL-TV

**Barney and Friends**  
4/2 at 10:30 AM

**Everybody's Got Feelings**  
With Barney's help, the children learn all about feelings, especially feeling happy, sad, and angry.

**Dragontales**  
4/5 at 8:00 AM

**Room for a Change**  
Cassie's family is getting bigger, and it's time for a new room. Cassie checks out the room with her friends and likes it, but is still sad to be leaving her old room. She learns to love the room after all her favorite things are moved in, and, when she finds a secret closet, she decides it's the best room ever!