

Messages to parents

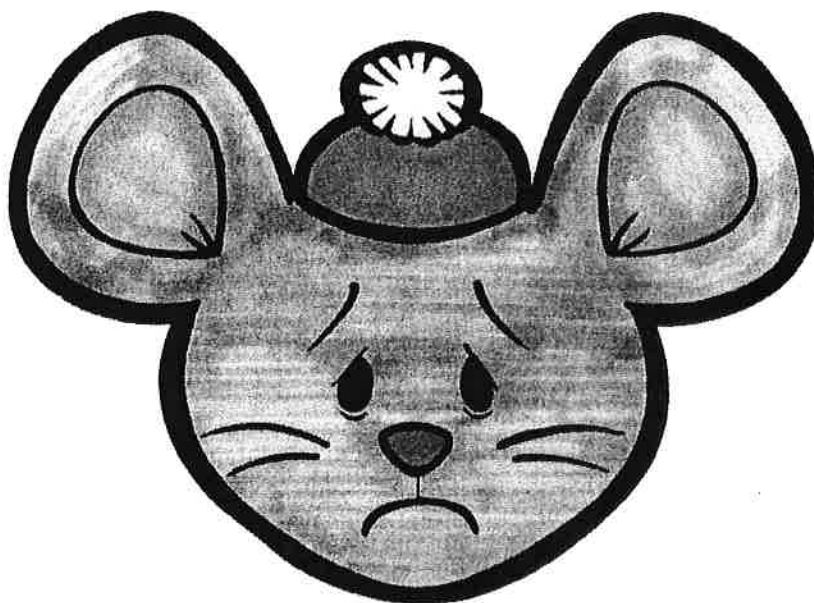
WORKSHOP

Feeling sad

7

Dear parents,

Today, *Minipally* told us about an incident that made him sad. He had lost his favourite teddy bear. He felt like crying, he hung his head, and he would have liked someone to comfort him. I feel sad sometimes too and I don't always know why. I need you to help me recognize my sadness and to connect it to a situation. Can you help me identify when I am sad?



hgnce



Minipally
Suggestions for parents
Workshop 7: Feeling sad

My child is learning to recognize sadness in others when they cry, when they stop smiling. He is learning to express his own sadness and what makes him sad.

- When watching a movie (e.g. *The Lion King*, *The Land Before Time*) or a children's television show, I notice that a scene is making my child sad. I go next to him and say, "You're sad to see . . . I can see it in your face, you're crying."*
- When my child accidentally breaks his favourite toy, I name his hurt: "You're sad, you really liked that toy."*
- I tell my disappointed child, "You're hanging your head, you're sad that we can't go outside to make a snowman because it's raining."*
- I set an example by expressing my own sadness at a situation: "It makes me sad to see you sick. I'm not crying tears, but in my heart I'm sad."*
- At playtime, I see my child's closed faced and hear his sobs as he runs to me for comfort. I tell him, "You're sad and coming to see me because your friend said, 'I'm not your friend anymore.' You're upset because you want to keep playing with him. You'd like me to help you tell your friend that you're feeling sad. Come: let's go tell him together that it made you sad. Maybe you can find a way to keep playing together."*
- When my child is sad following a situation that is beyond my control, I talk about his hurt: "You're screaming and crying. You're sad that you don't have your teddy bear to sleep with. I can't go get it, the doors of the daycare are locked and I don't have the key. I can comfort you with my hugs, and I can offer you something else that is soft and that smells of mommy (sweater, piece of cloth). You're upset, you're very sad."*

* Translated from Sylvie Bourcier, *L'agressivité chez l'enfant de 0 à 5 ans*. Montreal: Éditions du CHU Sainte-Justine, 2008.