

Messages to parents

WORKSHOP 13

Dealing with sadness

Dear parents,

Today, *Minipally* talked to us about ways we can comfort ourselves when we're sad. There are many. You are the one who knows me so well since I was a baby. You know how to comfort me. Tell me, what did you do when I was a baby and I cried? Now that I'm big, sometimes I hesitate to come see you to feel better. Yet I still like to talk to you, to be in your arms, and to be hugged. As I get bigger, I'm learning that I can go get my teddy bear or my blanket, rock myself, or tell the person who hurt me how I feel; I'm learning that even big people cry sometimes. Help me find ways to comfort myself, and congratulate me when I find one on my own, like a big person.





Minipally
Suggestions for parents
Workshop 13: Dealing with sadness

My child is learning to find ways to comfort himself when he is sad.

- The parent tells his child what he found comforting when he was little. He tells him about his favourite stuffed animal, cozy pillows in his room, a pet, being in his parents' arms. Then he can tell his child that even as an adult, sometimes he feels sad, and he can say what he does to feel better.
- The parent reads a story in which a sad character shows how he finds comfort.
- The parent congratulates his child when he comes to see him to be comforted or uses another means to feel better (stuffed animal, blanket or other comfort object).
- The parent can invite his child to tell him what upset him, what he is feeling.