

HELPING CHILDREN DEAL WITH

Sadness



Symptoms of Sadness

- Crying/Tears
- Loneliness
- Ignoring Past Hobbies
- Fatigue
- Poor Decision Making
- Withdrawal
- Lack of Concentration
- Changes in Eating Habits
- Changes in Sleep Patterns
- Passivity

Sad:

Affected by unhappiness or grief; sorrowful or mournful
Dictionary.com

Ps. 9:9

Ps. 22:24

Ps. 27:4-5

Ps. 30:5

Ps. 34:18

Ps. 37:39

Ps. 46:1-2

Ps. 55:22

Ps 71:20-21

Ps. 73:26

Ps. 138:7

Pr. 14:32

Is. 25:8

Is. 54:30

Lm. 3:31-33

Nah. 1:7

Mt. 5:4

Mt. 11:25-30

Jn. 14:27

2 Cor. 1:3-5

Ph. 4:6

Heb. 4:14-16

1 Pt. 5:6-7

Rev. 21:4

Scripture References

THERE'LL BE SAD SONGS...TO MAKE YOU CRY!!! As parents, one of the things we hate the most is to see our kids sad. We will do all that we can to make keep our kids from being sad and to cheer them up when they are sad. Unfortunately, just trying to make a child happy again fails to allow them the time to deal with whatever is causing the sadness in the first place. Children are often left wanting to blame someone for the sadness they are feeling, and those closest to them frequently become the targets of that blame. Many kids will also seek to mask their sadness, particularly from parents, so as not to be a "further burden."

What To Say/Do

- "Sometimes I get really sad too."
- "What can you do to make this situation better?"
- "I love you and God loves you."
- "You're not alone in this."
- "You are important to me."
- "Do you want a hug?"
- "I can't really understand what you're feeling, but I'm here for you."
- "I'm not going to leave or abandon you."

What NOT To Say/Do

- Don't dismiss the feeling.
- "No one ever said life was fair."
- "Just think positive."
- "You're one messed up kid."
- "Stop feeling sorry for yourself."
- "Snap out of it."
- "It's your own fault."
- "There are lots of people worse off than you are."
- "Just hang in there, it'll pass."