

## Principal's log 2.29

Dear TMS Families,

We have made it through another week! Hopefully this crisis will be behind us in the near future, but in case it's not I have been reflecting on how to deal with disappointment. I know you are accustomed to my weekly messages being full of gratefulness and celebration, but the times are different so I want to support you as you are supporting your children with the continuous stream of disappointments they are facing. Recently I read an article from PBS written by Katie Hurley, LCSW called "[How to Help Kids Cope with Disappointment.](#)" As extracurricular activities, play dates, dance lessons, and sports competitions are postponed or cancelled the children need our help dealing with disappointment. The article has five salient points.

1. Empathize first -- use active listening techniques.
2. Be a guide, not a fixer -- ask questions.
3. Help manage expectations. When planning or talking about the future use the phrase "might happen."
4. Practice delayed gratification -- 15 minutes of HW before screen time.
5. Teach self-calming skills -- breathe the rainbow, get outside.

While these are the most important ideas in the article, it is full of interesting and helpful detail. I hope that you enjoy it and that it helps you to help our children deal with disappointment -- stay healthy.

Your principal,

Greg Stiefel

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Be sure to check out our website for PTA flyers, calendar snapshots, and other reminders. [http://tms.tuckahoeschools.org/201718\\_weekly\\_enewsletter](http://tms.tuckahoeschools.org/201718_weekly_enewsletter)