



# Dealing with Disappointment: Helping Kids Cope When Things Don't Go Their Way

*Elizabeth Crary*

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**Dealing with Disappointment: Helping Kids Cope When Things Don't Go Their Way** Elizabeth Crary  
Learning to cope with disappointment and dissatisfaction is a skill kids have to learn. Without it, how will they handle routine---and serious---obstacles and frustrations throughout life? This easy-to-read guide provides exercises and examples that demonstrate how even toddlers can cope with their emotions, using self-calming techniques and problem-solving tools. Parents too often overwhelmed by frustrated children will appreciate Elizabeth Crary's straightforward suggestions on surviving emotional meltdowns and preventing future problems.

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