



Using T-L-C When Bad Things Happen

How Can My Child Cope When Something Bad Happens?

Sometimes children face bad situations that they can't change – like when a good friend moves away or their seizures getting worse. Even when a bad situation can't be changed, children may still be able to control how the situation affects them – especially how they feel in response to the situation. There are three good things your son or daughter can do to control his or her feelings when bad things happen. These three things spell out **T-L-C**.



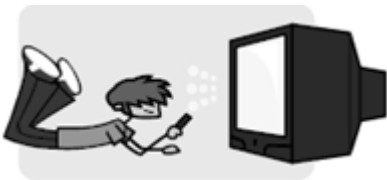
Talk to a Friend

One great approach is to talk to a friend about the situation. A friend may have a different perspective or good advice, or maybe it will help just to have the friend listen and understand.



Look for the Silver Lining

It really is true that most dark clouds have a silver lining. When bad things happen, there is often a good thing that comes out of them. If a good friend moves away, this friend might become a great email pen pal – and someone to visit during holidays. Or maybe this frees up more time to spend with another kid who could become a new friend.



Change the Channel

Finally, when unhappy thoughts keep replaying over and over in your child's mind, it can be useful for him or her to get really involved in doing something completely different. This can help distract your child from thinking about a situation that can't really be changed.

How Can I Help?

When you know that something bad has happened, something that is making your son or daughter feel bad, take a look at the list of **TLC** skills, and encourage your son or daughter to try one of these three things. This may help him or her get better control over emotions and feel more upbeat. It might also be helpful to ask your child to give a *Feelings Thermometer* rating before the activity and after the activity.