

Parenting Tools:

- Dealing with Disappointment -



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Parenting Tools: *Dealing with Disappointment*

Disciplining your child as they face disappointments in life can be a challenge, but as Romans 5:3-5 reminds us, “...but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.” In other words, our faith in God’s love gives us deliverance from disappointment! Whether it’s a field trip that gets rained out or the event in which your child is not invited to a classmate’s party, life is full of disappointments, great and small. As much as we’d like to spare our kids from letdowns, we can’t—and that’s a good thing. “When children learn at an early age that they have the tools to get over a disappointing situation, they’ll be able to rely on that throughout childhood and even as adults,” says Robert Brooks, PhD and co-author of *Raising Resilient Children*. “If you bend over backwards to shield them from disappointment, you’re keeping them from developing some important skills.”

These disappointing moments in your children’s lives provide the right time for you to point them to their Heavenly Father. Philippians 4:6–7 says, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

Disappointments in life are a great opportunity for us to teach our children to lift their burdens to the Lord, be thankful for all the good we have in our lives, and not focus on our disappointment. Then, the peace of God is our promise. Like many other things in life, our children must practice this with our leadership and guidance.