

How to Help Your PERFECTIONIST CHILD

WORRY LESS AND DO MORE

✓ EXCELLENCE-SEEKER

- has a GROWTH mindset
- is intrinsically motivated
- focuses on learning

VS.

✗ PERFECTIONIST

- has a FIXED mindset
- avoids judgement
- focuses on mistakes



Encourage High Standards, Not Perfection

- Avoid using the word "perfect".
- Help your child set goals and standards that are reachable with effort.



Teach Your Child "The Power of Yet"

- Add "YET" to your child's "I can't" statements.
- Use the 3-step strategy:
 1. Ask them to create a DRAFT
 2. Acknowledge what they did WELL
 3. Provide specific feedback for improvement



Be an Example of Someone Who's Not Perfect

- Model imperfection by sharing YOUR mistakes.
- Ask your child for ADVICE when you experience a setback or a struggle.



Emphasize the Fun

- Highlight enjoyment and learning when you question and praise your child.
- Ask, "Did you have fun today?"



Recognize Negative Thoughts

- Use the "balloon technique" to teach your child to let go of self-critical thoughts.
- Play the Five Senses Game to combat anxiety and feelings of doubt and blame.