



## Help Your Child Who Tends Toward Perfectionism

- Address your perfectionism
- Discuss perfectionism and what child can and cannot control
- Strengthen self-worth
- Reflect emotions without solutions - coach problem solving
- Help child engage in activities they really enjoy
- Reduce correcting and directing
- Focus on effort, progress and process rather than outcomes
- Model healthy self-talk
- Monitor your expectations, check in regularly with your child about *their* goals and dreams
- Share stories of your own failures without blame or shame, discuss what you learned
- Teach and model healthy coping skills
- Share joy and playfulness often
- Be on the lookout for symptoms and consult a professional if concerned

