

# 7 WAYS TO HELP YOUR CHILD WITH PERFECTIONISM

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## ♦ REDEFINE SUCCESS

Children who have a [growth mindset](#) are more likely to develop their potential. They view their successes as a result of [effort and strategies](#) rather than fixed traits like intelligence or abilities.

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## ♦ CHALLENGE THEIR THINKING

In the heat of the moment, use [empathetic](#) comments like "I can see you're angry because you want this to be perfect". Then have your child [reflect](#) on these questions:

"What's the worst thing that could be?"

"What's a more positive way to think about this?"

"What part of my problem could I solve now?"

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## ♦ EXPLAIN THE BRAIN MUSCLE

Talk with your child about their brain and its [incredible power](#) to grow and develop. Remind that brains are [constantly changing and learning](#) from new experiences. When we make an error, our brains spark and grow—and we actually learn faster.

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## ♦ TALK ABOUT YOUR MISTAKES

A simple way to comfort your child's unrealistic self-expectations is by pointing out your [own mistakes](#). Talk about your mistakes in real-time ("Oops! I just added too much flour to this recipe!") and how you are addressing them.

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## ♦ FOCUS ON LEARNING FROM MISTAKES

Rather than ignoring or shying away from addressing errors, give your child the opportunity to [figure out](#) what went wrong. Start with prompts like, "Let's pay attention and figure out what happened" or "Mistakes are opportunities—let's explore this together".

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## ♦ REFRAKE GRADES

Rather than dwelling on grades, encourage your child to [ask questions](#) like, "What would I do differently this time?" or "What can I do to achieve a different score in the future?".

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## ♦ ENCOURAGE SELF-COMPASSION

Brainstorm [words we like to hear](#) from friends or parents when we fail or make a mistake. Encourage your child to ask themselves, "What would a good friend tell me about this?" or "What would my mom say?".

# Over 500,000 children around the world use Big Life Journal's products with great success!

## Join them today!

At the moment, my child is having a few issues with resilience and frustrations that he only demonstrates at home and **this tool kit has been a massive help for me to find him ways to cope with negative self-talk and to build resilience and confidence.**

I cannot recommend this product enough."

- Natalie R.

★★★★★



**Get Resilience Kit**



My daughter and I both have struggled with self-esteem. **When feelings of inadequacy and low self-esteem are addressed and discussed it makes a huge difference!** The Big Life Journal products have given us an interactive and creative way to do this!

- Sharon B.

★★★★★

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