

Program Information

What is this program?

This program is for parents/caregivers who want to support their child to manage perfectionism.

What are perfectionist behaviors?

- When a child feels bad about themselves if they do not do very well at things (e.g., school, hobbies).
- When a child sets goals for themselves that seem difficult or impossible to reach.
- When a child tends to procrastinate, or put things off, even though they feel bad about it later.
- When a child spends a lot of time thinking about their mistakes or any errors in what they do.

What is the design and approach of the program?

The program includes six modules, each of which contains:

- Information about perfectionism.
- Activities for the caregiver to complete independently.
- Handouts for the caregiver to give to the child and discuss with them and exercises that the caregiver and child can complete together.

Important Notes

- We aim to help children pursue meaningful goals whilst reducing distress – not lowering their standards.
- The program focuses on trying new approaches together, not changing a child's core identity.
- Designed so the child explores new thoughts, behaviors, and evaluates their effects on perfectionism.
- Caregivers identifying perfectionism in themselves can reduce pressure and embarrassment for the child, promoting joint learning.

Modules	Summary	Activity Highlights
1: Learning About Perfectionism	Perfectionism: Self-worth tied to achievement, high standards, harms emotions, social life, health, academics. The goal is to aim for excellence, not perfection.	<ul style="list-style-type: none"> • Distinguish perfection from striving for excellence. Recognize perfectionism signs in the child and understand associated negative consequences.
2: What Keeps Perfectionism Going?	Our thoughts, feelings, and actions are interconnected. Positive changes in thoughts and behaviors can enhance emotions. Emphasize personal qualities to help children combat perfectionism.	<ul style="list-style-type: none"> • Reflect on past situations: thoughts, emotions, actions, outcomes. • Re-frame negative experiences with positive alternatives for personal growth.
3: Let's Experiment	Use behavior experiments to challenge perfectionism, prioritize sleep, pleasurable activities, and manage social media for child's well-being.	<ul style="list-style-type: none"> • Learn about behavior experiments, test beliefs by planning, predicting, doing, evaluating, and reflecting on outcomes for personal growth.
4: Developing Self-Compassion	Self-criticism harms mental health and goal achievement, while self-compassion, rooted in kindness and understanding, benefits both mental health and goal progress. Cultivating self-compassion can be aided by imagining self-treatment like one would treat others.	<ul style="list-style-type: none"> • Identifying “mean” and “nice” self-talk. • Practice self-kindness by speaking to ourselves as we would to a loved one.
5: Problem-Solving	Procrastination and avoidance temporarily soothe discomfort but reinforce fears, causing long-term	<ul style="list-style-type: none"> • Use problem-solving: identify, brainstorm, evaluate, choose, plan steps, execute, and assess

Maintenance Factors	anxiety. Similar patterns occur in perfectionism and can be addressed through problem-solving.	effectiveness to solve problems effectively.
6: Expanding Self-Worth	Enhance self-worth for better mental health and academics. Perfectionists often tie self-worth to limited achievements. Help children diversify self-evaluation factors and invest in various life areas.	<ul style="list-style-type: none"> • Visualize self-worth as a circle with sections representing positive and negative aspects. Identify the most prominent sections in your self-worth "pie." • Discuss the self-worth "pie" desires with a caregiver. Plan to adjust the slices, invest more time in different areas. Write your plan.