Dear Parents,

Have you ever seen your child become anxious or angry when they make a mistake? Does your little one give up easily? Are they overly cautious about tasks? Do they melt down when things don’t go as planned? If you answered yes to these questions you probably have a perfectionist on your hands. Are you the perfectionist? Being a perfectionist is rough because no one is perfect except God. It’s exhausting, and to a child who finds personal value from doing something well, it can be a train wreck of emotion. Sometimes our children are perfectionists because they get it from us, either from learned behavior or genetics. Sometimes we’ve accidentally created it in them because we’ve only praised them when they’ve done something well. How often do you hear a parent say something like, “You’re just not that great at basketball; I don’t think it’s your thing”? We tend to tell our children only what they are *good* at, and often don’t help them understand their weaknesses. We want to help you navigate what it looks like to help your child learn from failure and understand that perfectionism isn’t the goal, excellence is.

<https://vimeo.com/parentministry/review/111735823/34ddcb48c1>

2 Corinthians 12:9-10 says…

*But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong*.

Perspective on weaknesses goes a long way. God’s power is only made perfect in weakness. So we are to boast *in our weakness*. That goes against what our culture tells us. However, God’s strength is what guides us. Here are some simple tools for helping your little perfectionist move toward becoming one who strives for excellence instead:

1) Don’t praise kids for achievements that come easily

2) Don’t play the comparison game

3) Talk openly about differences, strengths and weaknesses. We all have them. God created us uniquely with different strengths and weaknesses. Own it.

4) Be specific with your praise. No more “You’re such a good kid” or “Great job!” Instead tell them specifically what they did: “Thanks for taking the initiative to keep your room clean. You’re showing such responsibility.”

If you need more resources on this topic, please reach out!

Building Young Disciples,

Pastor Sarah