

Childhood Perfectionism

AnxietyBC.com (www.AnxietyBC.com) identified typical characteristics of Childhood Perfectionism to include:

- *Tendency to become highly anxious, angry or upset about making mistakes*
- *Chronic procrastination and difficulty completing tasks*
- *Easily frustrated and gives up easily*
- *Chronic fear of embarrassment or humiliation*
- *Overly cautious and thorough in tasks (for example, spending 3 hours on homework that should take 20 minutes)*
- *Tries to improve things by rewriting*
- *Frequent catastrophic reactions or meltdowns when things don't go perfectly or as expected*
- *Refusal to try new things and risk making mistakes*

If your child exhibits such traits on an on-going or chronic basis and/or if “perfectionism” affects the social, emotional, or psychological health of your child it is wise to seek the services of a good therapist and participate in ongoing sessions.

For milder episodes of perfectionism the following kinds of books may help to give children the language to express themselves, a sense of objectivity and perspective, and strategies to practice.

Book	Author	Publisher
<i>What to Do When Good Enough Isn't Good Enough</i>	Thomas Greenspan, Ph. D.	Free Spirit Publishing
<i>Perfectionism</i>	Miriam Adderholdt-Elliott, Ph. D.	Free Spirit Publishing
<i>Starving the Stress Gremlin</i>	Kate Collins-Donnelly	Jessica Kingsley Publisher
<i>Starving the Anxiety Gremlin</i>	Kate Collins-Donnelly	Jessica Kingsley Publisher
<i>Starving the Anger Gremlin</i>	Kate Collins-Donnelly	Jessica Kingsley Publisher
<i>What to Do When You're Scared and Worried</i>	James Crist, Ph. D.	Free Spirit Publishing
<i>What to Do When You Worry Too Much</i>	Dawn Huebner, Ph. D.	Imagination Press