

Sensational OT Tip of the Month

Perfectionist

Do you know children that ...

1. constantly need reassurance while doing an independent assignment?
2. spend more time erasing than getting work finished?
3. don't want to risk trying something hard?
4. are poor losers when playing a competitive game?

These children might be overly stressed about their performance. For some it may be due to learning differences and/or low self-esteem. For some it is due to unrealistic expectations for themselves. Competitive situations may be especially hard to navigate.

Sensational Ideas for a Perfectionist

1. Praise effort not performance. "I am glad you tried that!" "You worked hard on that!"
2. Play short games such as Tic Tac Toe to practice winning and losing. Model good responses such as "Nice game!" or "That was fun!"
3. When trying something novel and challenging, provide extra support, if needed to ensure success during the initial learning process.
4. Teach child to make a slash across an error rather than erasing each "mistake" when writing.
5. Break a challenging task into smaller chunks and check in periodically to encourage completion of each section. This feels less overwhelming to the child and may cut down on the need for reassurance.

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