

When Good Enough is Good Enough

Helping our Kids Manage Disappointment & Imperfections

Parent Checklist

- Model “good enough” behavior
 - Be aware of your own tendency towards perfection and how you handle disappointment

- Be a coach for “good enough” behavior
 - Help your kids set realistic goals and expectations
 - Use the power of praise
 - Praise effort over outcome
 - Reward “good enough” behavior
 - Help your kids set healthy comparisons
 - Validate their experiences
 - Help your kids reframe their thinking
 - Fixed mindset to growth
 - Flexible thinking
 - Provide adaptive ways to express and cope with negative feelings