

7 Habits* of Really Great Hockey Parents

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1. **Be Proactive.** Hockey players need the right equipment, training and attitude on and off the ice. Last minute preparation is a bad habit to get into. Not to mention really stressful.
2. **Begin with the (realistic) end in mind.** Is the reason your child is playing hockey is because you expect him/her to play in the NHL someday. Statistics show otherwise. Too much pressure takes the fun out of the game.
3. **Put First Things First.** This means to think about what is *really* important in a youth hockey game. Is it the score or the player?
4. **Think Win/Win.** Make sure that everyone wins in youth hockey. That means even if your team loses you have to ask yourself did they learn anything. Hockey is a great game on and off the ice if your child learns life lessons from it.
5. **Seek First to Understand, Then to be Understood.** Apply this to coaches, officials, hockey directors, other parents and especially your own child. Do you really know what's going on if you don't listen?
6. **Synergize.** Yes, this means one plus one can equal much more than two. Get together with other parents and help out the team. Coaches are volunteers. They need help and encouragement.
7. **Sharpen the Saw.** Learn about the game of hockey. How about learning to skate? Learn the rules by taking a ref's course (it doesn't cost much). Learn to be a coach. Teach yourself to be a great hockey parent. Everyone will benefit...especially your child!