

# PARENTS CHECKLIST IN SPORTS



1. Maintain a “Fun is #1” attitude.
2. Treat others as you wish to be treated.
3. Praise athletes for just participating, regardless of their athletic skills.
4. Look for positives in athletes; avoid ridicule or sarcasm.
5. Remain calm when mistakes are made and help athletes learn from mistakes.
6. Help athletes from getting down on themselves when things don’t go well.
7. Don’t be obsessed with your involvement in sports. There is a life after sports.
8. Maintain a sense of humor.
9. Emphasize teamwork in team sports; teach them to think “we” instead of “me.”
10. Lead by setting a good example in sportsmanship: *winning without gloating and losing without complaining.*

**T E A M W O R K**

## Encouraging Your Child in Sports

### **Do...**

- Do...**treat your child the same whether they win or lose.
- Do...**try to have fun and enjoy the games. Your unhappiness can breed a child's guilt.
- Do...**remain relaxed, calm, positive and energized on the sidelines. Your attitude will help your child play better.
- Do...**Make friends with other parents at the games. Socializing can Make the event more fun.
- Do...**get involved after the competition if the child's behavior is unacceptable during the game.
- Do...**let the coach do the coaching. Too much input can confuse the child.
- Do...**understand the child needs an occasional break from the sport they play. It doesn't mean that they are quitting or burning out.
- Do...**be there when your child loses or gets discouraged. Be an understanding listener, not a fixer.
- Do...**give the child some space when they lose or don't perform well. Your youngster will want to be alone for a while, they will be ok.
- Do...**keep your sense of humor. When you laugh and have fun, your child's stress level takes a big drop.

### **DON'T...**

- Don't...**say, "We're playing today." Instead say, "You're playing today." This is your child's game. Help them to learn to be responsible for preparing for the game.
- Don't...**live out your own dreams through your child's sport. The sport should not become your life.
- Don't...**get too pushy.
- Don't...**ignore your child's behavior if it's unsportsmanlike, but don't correct your child's behavior from the sideline. Talk to them privately.
- Don't...**tell the child what they did wrong after a tough game and don't expect your child to want to talk immediately after a game loss.
- Don't...**make enemies with your child's opponent's parents.
- Don't...**make your child feel guilty for all the time, money and sacrifices made for their sport. Don't think of the sport as an investment for a return.
- Don't...**badger, harass or use sarcasm to motivate your child. Comparing your child's progress to others, threatening or using fear will not improve your child's performance.
- Don't...**talk about the coaches or staff in a negative manner. If you have a comment or suggestions talk to them.
- Don't...**try to take the coach's job away. Be the parent.