

# TRUE SPORT TIPS FOR PARENTS

## KEEPING IT FUN!



### Do

- ✓ Support your child unconditionally.
- ✓ Attend your child's games, practices and sporting events regularly.
- ✓ Cheer for and encourage your child, their teammates and their opponents.
- ✓ Model self-control, good problem-solving and conflict management skills.
- ✓ Appreciate and thank officials and encourage others to do the same.
- ✓ Encourage commitment, teamwork, respect and punctuality.
- ✓ Show appreciation to coaches and other volunteers for their contributions to sport.
- ✓ Encourage your child to strive for personal growth and excellence.
- ✓ Find ways to keep it fun!
- ✓ Be your child's biggest fan.



### Consider

- ✓ Listening to your child to understand their motivation.
- ✓ Seeking feedback about your behavior from others to keep yourself in check.
- ✓ Practicing with your child at home. Play with them! Keep it fun!
- ✓ Speaking up when other parents, coaches, or spectators are behaving poorly.
- ✓ Volunteering to help out regularly.
- ✓ Not rushing your child through the fun stages. Let them be a kid!



### Don't

- × Let your emotions get the better of you.
- × Yell out advice and criticism to your child or others.
- × Ask your child to act one way and then model something else.
- × Compare your child with others.
- × Focus the sport experience solely on winning.
- × Treat your child differently after a win versus a loss.
- × Undermine the coach.