

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.