

# *Sport Parents* **YOU GOT THIS!**

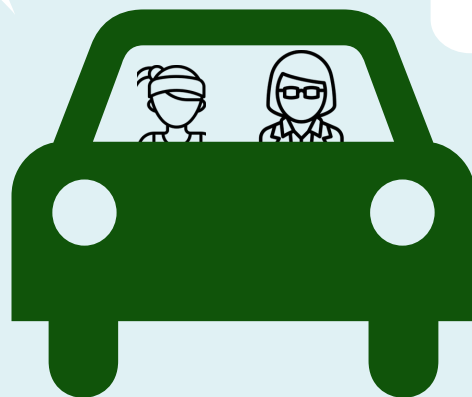
As parents, you strongly influence the experience your child has in sport, but it's not always easy when trying to manage the different demands of sport and parenting. Below are a few tips for how you could help your child thrive and enjoy their sport participation.

Help your child  
learn to cope

Learn, share, and  
research healthy sport  
parenting

Talk with child and  
coach often

Be supportive



Be a positive outlet  
for your child

Reflect on child's  
effort and self-improvement

## **6 WAYS TO BE A POSITIVE SPORT PARENT**

- 1** Select appropriate sport opportunities for your child and understand what your child wants to achieve.
- 2** Be responsive to your child's needs and have reasonable demands for their participation.
- 3** Adapt your parenting, support, and involvement to fit your child's developmental stage and ever-changing journey.
- 4** Build and maintain healthy relationships with all stakeholders in the youth sport setting including coaches, officials, other parents and players.
- 5** Anticipate the emotional demands of competitive sport, develop strategies to manage your responses, and model the behaviors you'd like your child to use.
- 6** Draw on your own support network and coping skills to help manage the demands of youth sport.