



## **Guidelines for parents who have children in sport**

- Make sure your children know that win or lose you love them and are not disappointed with their performance.
- Be realistic about your child's physical ability.
- Help your child set realistic performance goals.
- Emphasize improved performance, not winning. Positively reinforce improved skills.
- Don't relive your own athletic past and shortcomings through your child.
- Provide a safe environment for training and competition.
- Control your own emotions at games and events. Don't yell at other player, coaches, or officials.
- Be a cheerleader for your child and the other children on the team.
- Respect your child's coaches. Communicate openly with them. If you disagree with their approach, discuss it with them.
- Be a positive role model. Enjoy sports yourself. Set your own goals. Live a healthy lifestyle.