

HOW TO SUPPORT YOUR CHILD AT SPORT

**Parents and guardians,
this list of suggestions
is intended
to support YOU
in your efforts to
reassure your child
that sport
is for his or her own
enjoyment...
and that
they are loved
for WHO THEY ARE,
rather than
for their
achievements**

If children are interested, encourage them in sports. If children are not willing, do not force them.

Eliminate focus on winning. Focus instead on the child's efforts rather than the overall outcome of the class, game or event.

Help children to set realistic goals based on their individuality, age, ability and experience.

Teach children that an honest effort is as important as a victory, so that the results of each class or game are accepted without undue disappointment.

Never ridicule or yell at a child for making a mistake or for not living up to your expectations.

Remember that children learn best by example so practice what you preach.

Cheer, celebrate and applaud the achievements and performance of ALL players.

Last but not least, remember...

Children are performing for their enjoyment, not yours.