

9 STEPS TO

BEING A SPORT PARENT

HOW TO BECOME A BETTER SPORT PARENT



Give encouragement

Know when and how to praise your child. Be positive. Don't forget to praise other players on the team



Be supportive

Support your child's decisions. Don't force them to play or participate in sport if they don't want to



Stay calm

Make sure that you can stay in control of your emotions. Don't become frustrated when watching your child



Be a role model

Children learn from observing you. Make sure you demonstrate positive body language and are aware of what you do and say to your child



Learning from failure

Teach your child that it is important to learn from failure



Focus on the process

There is more to sport than winning. Praise effort and hard work

Don't compare your child with other players



Allow your child to make their own decisions



Be aware of how you talk to your child

