

10 TIPS FOR SPORT PARENTS

TOP 10 TIPS



#1

FOCUS ON THE PROCESS NOT THE RESULT

#2

AVOID PRESSURING A CHILD ABOUT WINNING OR LOSING



#3

HELP YOUR CHILD TO SEPARATE SPORT FAILURE FROM PERSONAL FAILURE



#4

GIVE YOUR CHILD FREEDOM TO PROBLEM SOLVE AND MAKE THEIR OWN DECISIONS

#8

WATCH WHAT YOU SAY TO YOUR CHILD



#5

ENCOURAGE, ENCOURAGE, ENCOURAGE



#9

RESPECT AND DO NOT INTERFERE WITH THE COACH

#6

ALLOW YOUR CHILD TO PLAY FOR HIMSELF OR HERSELF



#7

ENCOURAGE YOUR CHILD TO TAKE RESPONSIBILITY FOR THEIR DECISIONS

#10

DO NOT CONSTANTLY INSTRUCT DURING TRAINING AND GAMES



@BelievePHQ