

Top 10 Things You Should be Doing as a Sports Parent and 10 Things to Avoid

DO...

1. Reinforce being a good sport.
2. Limit conversations about your child's sport.
3. Let them play for their own reasons.
4. Support your child's coach by not coaching from the sideline.
5. Keep it fun.
6. Maintain composure during games (before and after, too)
7. Hold realistic expectations.
8. Be supportive, especially after losses and tough performances.
9. Encourage your child to follow through on commitments and work hard.
10. Unconditionally love and support your child.

DON'T...

1. Reinforce bad sportsmanship.
2. Focus your conversations with your child always on sport.
3. Put the opponent down to make your child feel good.
4. Criticize your child for poor performance after games.
5. Coach from the sideline.
6. Treat your child differently depending on game outcome.
7. Allow sport to dominate your child's life.
8. Control all decision-making about the child's participation.
9. See your child's sport as a financial investment needing a return.
10. Exert pressure to win and force your child to play.