



HOW TO BE A GOOD SPORTS PARENT

There are many benefits to kids playing sports, both physically and mentally; but this can be hindered by a parents' emphasis on winning. 75% of coaches say most parents place too much emphasis on their child winning and 80% of coaches say it's best for a parent to offer encouragement from the sidelines.



SHOW SUPPORT

Being supportive doesn't mean you have to attend every practice or game. Especially if you have more than one child, it won't be possible to be at all your children's practices and games. Although it's important to make time to watch your child(ren) compete, it's even more important to be fully present while watching. That means putting your phone down!



BE INFORMED & BE REAL

If you don't know the rules or positions of the sport your child is playing, read up on the sport. You can talk to parents to help you understand the game further. It is also important to understand that your child may or may not be the best player on the team. No matter what your child's skill level is, always be positive and encouraging.



PROVIDE HELPFUL FEEDBACK

Boost your child's self-esteem by giving detailed and positive advice. Try statements like:

- You really hustled after the ball today.
- That was a great pass to Will in the third quarter.
- I noticed how you really tried to keep your legs straight just like your coach suggested.

When something goes wrong, whether it's bad luck, a bad call, or just a bad play, help your child deal with the disappointment, and help them understand what they can learn from losing. Sometimes it's best not to offer feedback right after a game, especially if your player was on the losing team. You know your player best, so you will know when the time is right for a conversation.



BE A ROLE MODEL

Being a good sports parent is not only about supporting your child. Promote sportsmanship from the sidelines when you are among other parents. Remember to be respectful of your child's coach, opponents, officials and the game itself. You can also be a role model by eating healthy foods and exercising regularly. Talk about how doing these things makes you feel stronger and more energetic. You can even exercise together, help them practice drills or have them teach you something about their sport.

Sources:

<https://www.verywellfamily.com/how-to-be-a-good-sports-parent-4065147>

<https://www.activekids.com/parenting-and-family/articles/infographic-being-a-good-sports-parent>