

Successful Parenting in Sports

- We love our kids, but over identification can be dangerous
 - Remember, youth sport is for the kids!
- Fun and skill development should be top priority at all levels of play.
- Watch with quiet attentiveness:
 - Silently and attentively watch the kids play
 - Cheer good plays
 - Then quietly watch again
- Children cannot tell the difference between positive, instructional, and negative yelling (and they don't like any!).
- Kids report the top two negative parenting behaviors are yelling at the refs and sideline coaching.
- Parents are unique in their ability to provide encouragement and support, and an escape from sport.
- Reinforce effort and skills over winning.
- Focus on what your child is doing right!
- Let the coach do his or her job.

To set up an individual or team consultation, call Dr. Eddie at 616.233.3480 or visit www.PerformanceExcellenceCenter.com

