



## **PARENTS CHECKLIST: POST GAME TIPS FOR BOOSTING KIDS' CONFIDENCE**

This checklist is designed to help sports parents create a positive postgame experience for young athletes. Help your athlete perform with freedom, simplicity, and have fun! Keep these tips in mind after games:

### **Post-Game Tips for Parents**

1. Be clear that your athletes' performances don't reflect on them as people. Many children link their self-esteem with their performance. If they perform badly, their self-esteem suffers. It's your job to assure your children that they're wonderful no matter how they perform. Say, "Enjoy yourself. You're the best no matter what happens out there today."
2. Start by making two positive comments about your son or daughter's game. Pick out two simple areas you can complement your son or daughter about... For example, "You really hit the ball great off the tee today and made a great comeback after a slow start." You are more likely to get your player's attention by starting with a couple positive comments.
3. Ask your player what she did well today. "What are two things you did well today?" Discuss these first no matter how well or poorly your child played.
4. No matter how happy or disgusted you are with your player's performance, always show the same reaction after the round including comments and body language. Try to remain unemotional or even keel as we say. Do not show too much excitement about a good round and do not show disgust or frustration after a poor performance. This includes body language such as facial expressions and turning away with head down for example.



5. Be mindful of the subtle rewards or punishment you may unknowingly or knowingly give your player after the game. For example, showing excitement and enthusiasm (for good play) is a reward for your child. Withdrawing attention or being silent (after a bad performance) is a form of punishment for your child.
6. Avoid focusing on mistakes your child made after a game. Your child already knows what mistakes he or she made. Do not give the impression that mistakes are unacceptable. If you do, he or she may feel the need to be more perfect the next game and can't make any mistakes. Mistakes are a natural part of sports!
7. Avoid dwelling on numbers, scores, or position in the event after the game or performance. Discuss statistics if necessary to make a point. Perfectionists are too obsessed about statistics already, which does not help them maintain a process focus during performance.
8. Leave sports on the playing field! Avoid discussing the game home or that night and help child shift gears into other roles in life. Do not go over the play by play unless your child asks. Focus on developing balance in life rather than being 24/7 sports.
9. Avoid prolonged discussions about technique or mechanics after the game unless you are the coach too. We prefer players to not make changes in the middle of an event or focus too much on improving mechanics. Perfectionists are already too focused on perfect technique.

Note: No part of this publication may be reproduced or transmitted in any form or by any means, mechanical or electronic, including photocopying and recording, or by sharing any information storage and retrieval system, without written permission from Peak Performance Sports, LLC.