



BLUEPRINT FOR BEING A GOOD SPORTS PARENT

Parenting your child after a game:

- 1) Congratulate on a win.
- 2) Feed them healthy food.
- 3) Encourage/recognize with high fives & good body language.
- 4) Compliment on their performance.
- 5) Praise a teammate.
- 6) Never criticize a coach or official.
- 7) Say, "I love you and I am proud of you."

The "why" for each one:

- 1) This recognizes team success which is most important.
- 2) Recovery starts with diet and hydration. Nourish them well.
- 3) Being a great teammate and having a good attitude is so important, regardless of role. Emphasize and recognize it.
- 4) After making it about the team now make it about him/her...but be positive. Now isn't the time to be critical of performance.
- 5) Recognizing the success of a teammate shows you care about the team. Choose different teammates to compliment to your child after each game.
- 6) Maybe the coach is bad. Maybe the officials blew some key calls. The moment you criticize them to your child is the moment you teach them to blame others instead of take responsibility for what they control.
- 7) You are their parent; reinforce your love constantly by saying it!