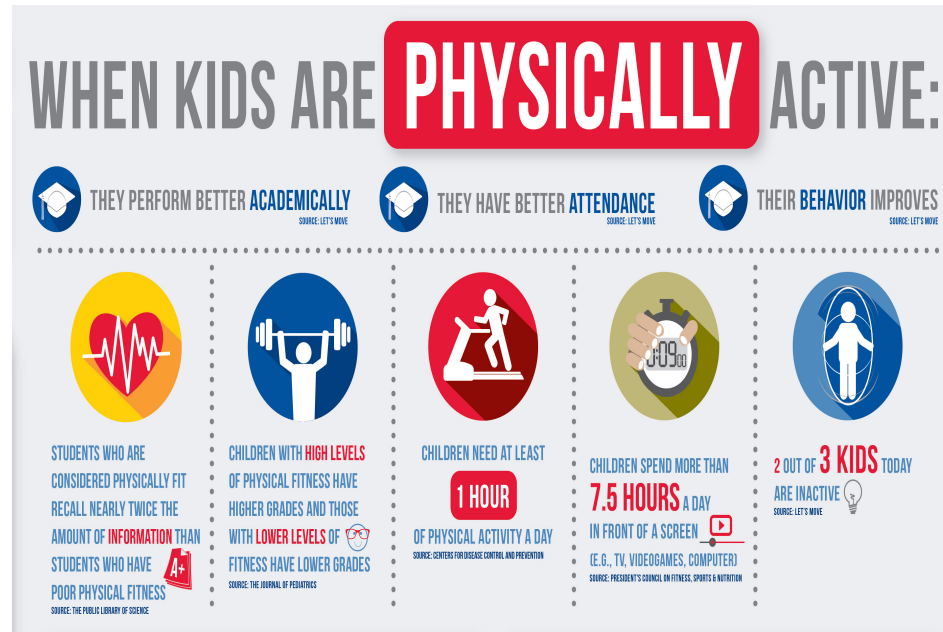


POSITIVE PARENTING

PARENTS ARE PART OF THE TEAM





THE BENEFITS OF SPORTS

- Physical Development
- Health Habits
- Nutrition & General Health
- Fun, Builds Relationships

Mental Strength

Psychological Aspects:

Concentration
Self Control
Self Confidence
Self Esteem
Self Image





All these things **can** be learned in sports
if the adults in and around it make it
happen!

PERSONAL AND SOCIAL VALUES

Be an honest, responsible person
who respects rules

Be respectful to others

Be tolerant, faithful and generous to
others

Learn to work as a team

Perseverance

Face up to adversity

Work Ethic

Be a good winner and a gracious
loser. Learn from both experiences



THE COACHES ROLE

- The coach needs to make decisions for a group while trying to help the individual
- Evaluates the performance of the team
- Difficult job, especially if parents are difficult

THE PARENTS ROLE

- Parents may suffer while watching their children participate in sports, this is normal because what happens during competition affect both the parent and child and we do not like to see our children suffer
- Make an effort to have a good time and be prepared to suffer without it causing you to lose control
- Enormous effort to get children to participate in sports
- Time commitment
- Financial Commitment
- The way parents react has a profound influence on the child's development



AFTER A GAME COMPETITION

- Let your child take the initiative
- Let his/her feelings come through
- If they feel like talking... listen
- If they want silence, just be there for him/her
- Do not criticize the coach or the team, let them do the talking
- If you don't like what the coach is doing, ask for a meeting



WHEN YOUR CHILD DOESN'T PLAY A LOT



- Make sure he/she is enjoying practice and feels challenges:
 - ***Focus on Effort***
- Encourage your child to ask the coach what he/she needs to do:
 - ***Focus on improvement***
- Be realistic about your expectations and keep the lines of communication open.
- If you are constantly criticizing the coach, your child may not want to tell you how he/she feels



WHEN YOUR CHILD IS THE STAR

- You may find yourself dreaming about the future, be realistic
- Danger of your child feeling “conditional love”
- Be aware of the stress involved in being the star
- Keep things in perspective



THE DO'S AND DO NOTS

DO'S

- Set clear expectations for behavior (attendance, work)
- Ask about practice
- Provide praise, be specific
- Give responsibility
- Conduct yourself with composure

DO NOT

- Do not set outcome expectations (winning, being a starter)
- Do not criticize the coach
- Do not show conditional love
- Do not get over involved, it is not your activity
- Avoid attacking



SUGGESTIONS



- Take advantage of sports to strengthen your relationships
- Parents and coaches are on the same team, they need to complement each other
- Help your child be part of the team
- Recognize your child's effort
- Show love and respect regardless of what happens on the field
- Remember this is a learning process, if you make a mistake, talk to your child about it



THANK YOU!!!

