

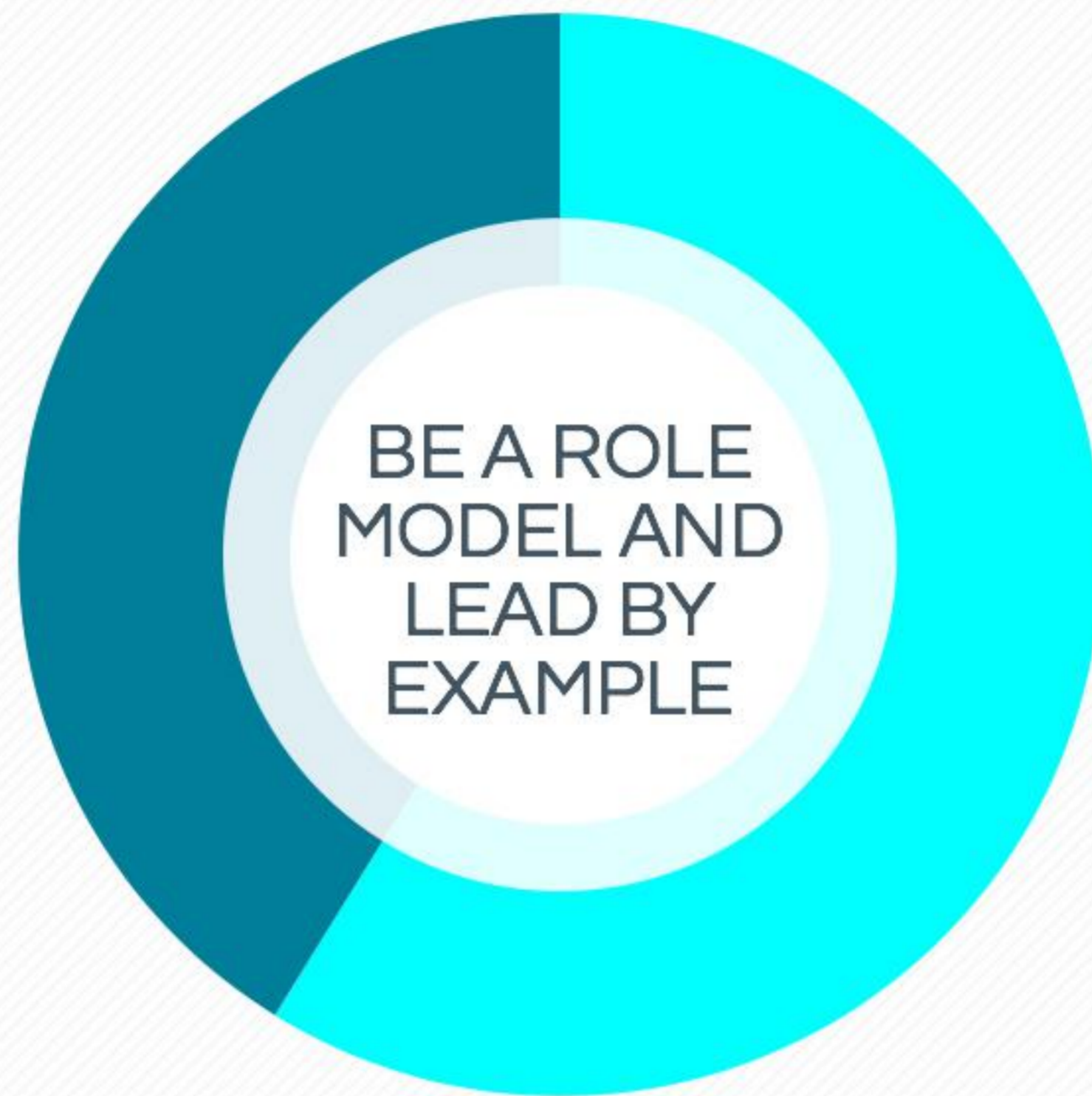
The Parental Role in Developing Young Athletes

 @BelievePHQ

Throughout a child's development the greatest influence on their sporting career will be their parents. On and off the pitch sport parents must be aware of their behaviours, as they can have both positive and negative effects on their child's sporting development.



Allow your child to take part in a range of sports



Emphasise a "Can do/ Don't Give Up" attitude towards sport

Tips and Advice

Children need to know that they make their parents proud regardless of outcomes



Focus on development and enjoyment

Encourage, be supportive and don't criticise your child



Help your child to understand the life lessons they can learn from sport

Listen to your child and allow them to have fun



Try not to coach your child as it undermines what the coach is teaching

REMEMBER! Be a positive sport parent

Work alongside the coach and support staff to provide your child with a positive experience

Allow your child to be themselves. Don't keep telling them what to do. Allow them to be creative and use their imagination



Avoid focusing on outcomes and only on winning