

# 10 TIPS FOR SPORT PARENTS

## TOP 10 TIPS



**FOCUS ON THE PROCESS NOT THE RESULT**



**AVOID PRESSURING A CHILD ABOUT WINNING OR LOSING**



**HELP YOUR CHILD TO SEPARATE SPORT FAILURE FROM PERSONAL FAILURE**



**GIVE YOUR CHILD FREEDOM TO PROBLEM SOLVE AND MAKE THEIR OWN DECISIONS**



**WATCH WHAT YOU SAY TO YOUR CHILD**



**ENCOURAGE, ENCOURAGE, ENCOURAGE**



**RESPECT AND DO NOT INTERFERE WITH THE COACH**



**ALLOW YOUR CHILD TO PLAY FOR HIMSELF OR HERSELF**



**ENCOURAGE YOUR CHILD TO TAKE RESPONSIBILITY FOR THEIR DECISIONS**

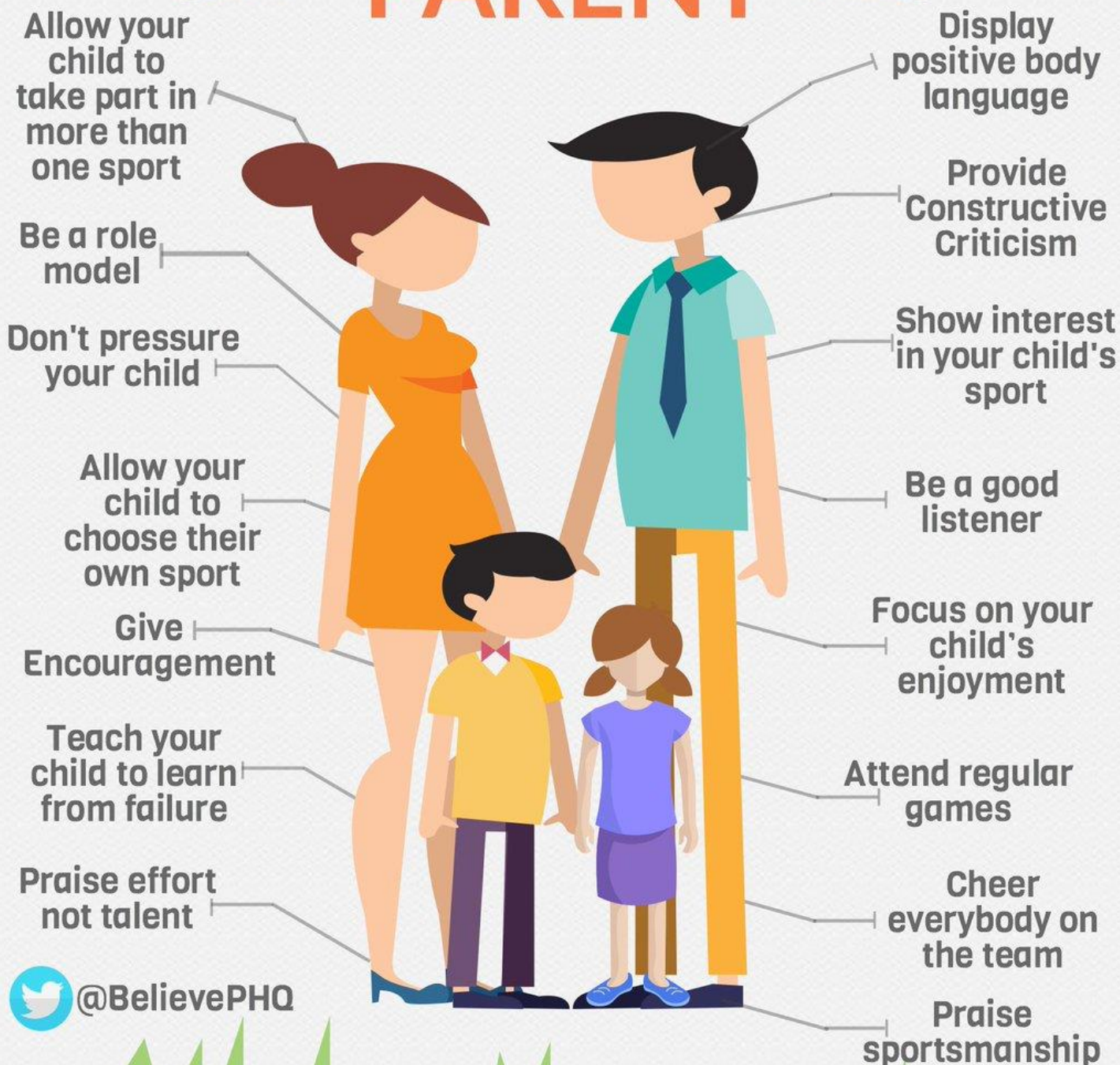


**DO NOT CONSTANTLY INSTRUCT DURING TRAINING AND GAMES**



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# HOW TO BECOME A BETTER SPORT PARENT



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