

Parent Do's & Don'ts

center for Presented by
SPORT AND PERFORMANCE
psychology
HELPING YOUR CHILD Be Mentally Strong

How to be the best sport parent

What you should do

Encourage your athlete to focus on improvement rather than competition

Focus on strengths by pointing out things your athlete did well

Set achievable goals that focus on individual improvement and performance rather than winning or losing

Provide encouragement after a mistake and help them learn from and let go of the mistake

Encourage good sportsmanship and lead by example

Support the coaches and officials

Encourage your athlete to have fun in sport

What you should avoid

Don't place emphasis on win-loss records

Don't focus on weaknesses and what your athlete did wrong

Avoid setting goals that focus on winning or beating others

Avoid negative comparisons between your athlete and a teammate or other athlete

Do not attempt to predict an athlete's future in a sport (negative or positive)

Do not undermine or ridicule the coaches or officials

Don't force your child to participate in sport

Anshel, M.H. (2012) Sport Psychology from Theory to Practice (5th edition) Pearson Education, Inc.: San Francisco, CA

The Center for Sport and Performance Psychology at Minnesota State Mankato works with athletes, exercisers, coaches, artists and professionals to help them gain the confidence and motivation they need to overcome barriers, refine their focus and prepare to face challenges at any level.

For more information about The Center for Sport and Performance Psychology
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