

# TIPS FOR PARENTS

## LINDFIELD FC



### WHAT THE RESEARCH SAYS



Research has shown that parents can play a vital role in a child's participation in sport. The two key findings from research into parents role in sport, is that parents can exert a significant influence on their child participation and how the parents interact with others in sport can either HELP or HINDER their child's development in sport.

### POSITIVE PARENTAL INVOLVEMENT



If a parent has a positive influence, the result according to the research is enjoyment, a positive relationship with your child and longer participation in sport. These things can have huge benefits including improved physical, social and emotional health.

### POSITIVE INVOLVEMENT LOOKS LIKE:



After a game, first and most importantly, say "I love watching you play". Don't focus on the result. The message we want to send is "I love you because you're my child, I love you whatever it is you choose to do, and it's not based on how well you do it."

### PROCESS NOT THE OUTCOME



After a game, talk to your child about the game. This will show to your child you are interested in the game and also help the coach, because helping your child reflect on the game is an important part of the learning process. You can ask:

- What did you do well today?/What did the team do well today? What did you find challenging? What could you do to improve for the next game?

### AVOID SIDELINE COMMENTARY



Parents yelling from the sideline can have a negative impact in a number of ways. The football field is a complex environment, and players are learning to navigate this. Parents yelling from the sideline only increases the pressure on the child. Just like you wouldn't go into your child's maths classroom and start yelling "subtract, SUBTRACT", you shouldn't be yelling "shoot, SHOOT!"

- ✓ Encouragement and applause
- ✗ Avoid action verbs (pass, shoot, defend)

**CHILDREN AREN'T MINI ADULTS, SO DON'T TREAT THEM LIKE THEY ARE!**