



**TRUE
SPORT**



Do

- ✓ Support your child unconditionally.
- ✓ Attend your child's games, practices and sporting events regularly.
- ✓ Cheer for and encourage your child, their teammates and their opponents.
- ✓ Model self-control, good problem-solving and conflict management skills.
- ✓ Appreciate and thank officials and encourage others to do the same.
- ✓ Encourage commitment, teamwork, respect and punctuality.
- ✓ Show appreciation to coaches and other volunteers for their contributions to sport.
- ✓ Encourage your child to strive for personal growth and excellence.
- ✓ Find ways to keep it fun!
- ✓ Be your child's biggest fan.



Consider

- ✓ Listening to your child to understand their motivation.
- ✓ Seeking feedback about your behavior from others to keep yourself in check.
- ✓ Practicing with your child at home. Play with them! Keep it fun!
- ✓ Speaking up when other parents, coaches, or spectators are behaving poorly.
- ✓ Volunteering to help out regularly.
- ✓ Not rushing your child through the fun stages. Let them be a kid!



Don't

- ✗ Let your emotions get the better of you.
- ✗ Yell out advice and criticism to your child or others.
- ✗ Ask your child to act one way and then model something else.
- ✗ Compare your child with others.
- ✗ Focus the sport experience solely on winning.
- ✗ Treat your child differently after a win versus a loss.
- ✗ Undermine the coach.
- ✗ Use the ride home to critique your child.

keep it fun play fair
 respect others
 include everyone
 stay healthy
 give back
 go for it



TRUE SPORT
lives here

True Sport Tips for Parents
Keeping it Fun!

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