

# Positive Parenting in Sport

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PARSONS 3

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# How can we create a positive experience for our kids?

- Take a genuine interest in the sports they want to play.

# Take a genuine interest in the sports they want to play

- Why do they like playing the sport?
  - Friends
  - Fun
  - Participation
  - Coaching
- Who are their heroes?
  - Learn about them
  - Talk about them
  - Find comparisons in your kids performances
- What are the opportunities from your child's perspective?
  - Participation
  - Competition
  - Travel
  - Lifelong involvement
  - Elite performance
- Get involved
  - Managing
  - Volunteering
  - Coaching









# How can we create a positive experience for our kids?

- Promote activity as more important than anything... even winning!



# Promote activity as more important than anything... even winning!

## ■ Health benefits

- Longer life
- Increased bone density
- Battle against obesity and diabetes

## ■ Improved self confidence

- Body image in the modern day
- Inclusion

## ■ Enjoyment

- Fun first
- Camaraderie

## ■ Try all the skills

- Prevent boredom
- Appreciation of teammates
- Learn something new
- Fun

# How can we create a positive experience for our kids?

- Respect, Respect, Respect.



# Respect, Respect, Respect

## ■ For the sport

- Sportsmanship
- Teamwork

## ■ For themselves

- Pride
- Improvement
- Fairness
- Losing gracefully

## ■ For team-mates

- Encouragement
- Support

## ■ For officials

- Zero abuse

## ■ For volunteers

- Appreciation
- Acknowledgement

## ■ For supporters

- Games are more fun with a crowd

# How can we create a positive experience for our kids?

- Winning without scoring the most points



# Winning without scoring the most points

## ■ Fun first

- Instill a sense of enjoyment above all
- As long as they've had fun... they're winners!

## ■ Pride in performance

- Instill a sense of pride in trying their best... even when the bounce is beating them
- As long as they've tried their best... they're winners!

## ■ Focus on Process

- Talk about what they are going to do and how they are going to do it.
- As long as they've tried to do those things...they're winners.

## ■ Positive feedback

- As long as you give positive feedback to your kids...you're the winner!!!

# How can we create a positive experience for our kids?

- Winning is not a curse word!



# Winning is not a curse word!

- We all want to win
- We all have to lose
- Creating a winning mentality
  - Focusing on the processes can allow the kids to win irrespective of the scoreboard
  - Have the kids set goals for themselves that are achievable
    - Make 5 tackles
    - Perform a sidestep
    - Make 10 passes
- Provide positive specific feedback linked to the goals and after listening to your kids
  - 'You may have lost but those 5 tackles you made were awesome'
  - 'That sidestep left the defender standing and your third pass to Johnny set him up to score... great individual and team play'



# How can we create a positive experience for our kids?

- Find the way that works for you!