

10 Ways Parents Can Help Their Kids Play Their Best

1. Verbally & nonverbally communicate you **believe in them**.
2. **Verbally & nonverbally communicate that you accept them, love them, & are proud of them NO MATTER WHAT.** Let them know that their fun, happiness, and enjoyment are more important than winning and perfection.
3. **Praise their performance**, not their outcome. You want to compliment any skills they did particularly well or a new skill that they finally mastered.
4. If you do want to give your kid some constructive criticism, ask them first. You can simply say, **“Would you mind if I told you what I think?”** This gives them a sense of power in the conversation and prepares them.
5. Avoid always talking about sports at home. Instead, **let your kid bring up the topic.** That way, you know they want to and are open to talking about it. That way, your home can be seen as a place of peace, positivity, and mental recovery, especially after a hard practice or game.
6. **Just be positive and supportive at all times.**
7. **If you read news articles about other teams or see rankings of other teams, try to avoid talking about it with your kid.**
8. **It's really important to know your role.** The players play, the coaches coach, the refs ref - and as a parent, you should parent.
9. **Don't make a particular game “special” or hype it up too much.**
10. When in doubt of what to do, give **your kid some space!**