



BEING A POSITIVE PERFORMANCE PARENT

A creative guide to
positively interact with your
child on game day!



COMMUNICATE IN A CALM & RELAXED MANNER

7% of communication refers to actual words, 55% from body language and 38% tone of voice. In stressful situations people's voices change i.e. pregame. Although subtle, children can pick up on this. Minimize the impact your own emotions have on your child and talk to them at their level, maintain eye contact, show attentive body language, speak slowly and use a calm tone

KEEP IT SHORT AND SIMPLE

in stressful situations your child will only be able to process a number of messages. One or two sentences is enough to reinforce two or three key messages. Any more than this will only serve to confuse and distract your child from the important messages.

THINK LIKE A COACH

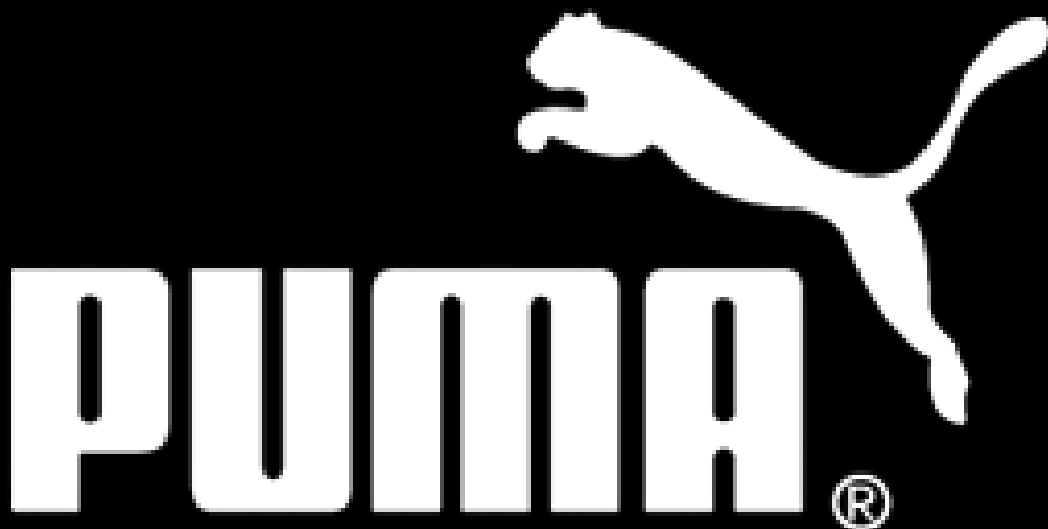
Stress is our bodies response to a demand or threat. As a performance parent you may experience physiological (increased heart rate) and psychological changes. Reappraise the stressful situation and think like a coach. Change your beliefs about the goals of youth football participation- it is an opportunity to learn and enjoy.

POST GAME

Possibly one of the most difficult notions is communicating with your son after a game - (especially if they have lost). First note young athletes don't tend to achieve a lot from extreme emotion states (positive or negative)- emotions cloud their rational thinking. As a general rule of thumb the post competition conversation should take place when your child is ready to talk and receive feedback. if you get a short answer-just leave it.

HAVE YOUR SAY

Your feedback should focus on your pre match messages. Try to avoid being blinded by the outcome of the game. Praise your child and attribute their improvements to hard work and success. Find positives and emphasize personal progress to build strong feelings of competence irrespective of results



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