



## **ISSUES TO ADDRESS**

- Ask their children questions about why they play, what their goals and roles are, and then accept young athletes' reasons as their own
- Once parents know their children are safe physically and emotionally, they should release them to the experience (the game, the team, and the coach)
- During the game, parents should model poise and confidence and keep their focus on the team
- After the game, parents should give their children space and time and leave them alone
- Parents should be a confidence builder by maintaining a consistent perspective and not saying or doing anything that will have their children feel like their self-worth is somehow tied to playing time or outcome of a game

\* BY BRUCE BROWN (NAIA CHARACTERS OF CHAMPIONS)