

# HOW TO: Support your child in sport



## 01. Praise effort, not just results

Focus on what you child can control: attitude and effort

**Why this works:** Effort based praise builds internal motivation and confidence, even when results don't go their way

## 02. Be steady after wins and losses

Your child should feel the same support no matter how they perform.

**Why this works:** Consistent support helps kids feel emotionally safe, which allows them to compete freely and stay motivated.

## 03. Let coaches coach, let kids play

Avoid sideline coaching or post-game instruction overload.

**Why this works:** Too much instruction increases pressure and confusion, while autonomy builds confidence and problem solving.

## 04. Normalize nerves and pressure

Help your child understand that nerves are normal before competition.

**Why this works:** When kids stop fearing nerves, their brain stays engaged and they perform with greater focus and confidence.

## 05. Keep sport fun and enjoyable

Make enjoyment a priority alongside development.

**Why this works:** Enjoyment fuels long term motivation, resilience, and continued participation in sport.

