

HOW TO: Support your child in sport



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01. Praise effort, not just results

Focus on what your 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.



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