

[Back](#)

Provide Support for Your Swimmer (10/1/2007)



One resounding theme coming from kids is that parents increase the fun in swimming by providing unconditional encouragement and support. A physical presence at meets and interest in what the child is doing both go a long way toward enhancing swimming enjoyment. Kids enjoy swimming when they feel their parents support them regardless of the performance outcome. Your main job is to feed, shelter and transport your swimmer while showing love and

support!

You may be wondering what are some things to say to your child after practice or a meet that show support and interest without pressure?

Here is a partial list of appropriate questions to ask your child:

- ⌘ Did you have fun?
- ⌘ Did you swim better this week?
- ⌘ What did you learn today?
- ⌘ What do you need to work on in the future?
- ⌘ Did you talk to the coach? What did she emphasize?
- ⌘ Were you a good sport?
- ⌘ What was your favorite part of the race/meet/practice?
- ⌘ Were you nervous? If so, why?
- ⌘ Was there anything that you didn't like?
- ⌘ Is there anything I can do to help you?

[Back](#)