



# SUCCESSFUL SPORTS PARENTING



## "Parenting My Champion: Getting Started"

(From US Tennis Association, used with permission)

### PARENT BEHAVIOR CHECKLIST

Rate on a 1 to 5 scale the questions below relative to your parenting of your child in sport. Think about how your child or your child's coach would rate you. When finished, total the ratings to assess how effective you are in being a youth sport parent.

	1	2	3	4	5
	Not like me			Characteristic of me	

- \_\_\_ 1. Do I emphasize the development of my child and having fun more than winning?
- \_\_\_ 2. Do I have expectations that are realistic for my child as an athlete?
- \_\_\_ 3. Do I rarely criticize my child for his/her sport?
- \_\_\_ 4. Do I allow my to child to be responsible for his sport preparation (meaning I do not do everything for my child including carrying bags, getting water, preparing equipment)?
- \_\_\_ 5. Do I avoid trying to coach my child?
- \_\_\_ 6. Do I provide love and support regardless of the performance outcome?
- \_\_\_ 7. Do I emphasize the importance of hard work with my child?
- \_\_\_ 8. Do I expose my child to different sports?
- \_\_\_ 9. Do I keep success in perspective?
- \_\_\_ 10. Do I display a positive and optimistic parenting style?
- \_\_\_ 11. Do I avoid allowing my child's sport to dominate my child's entire life?
- \_\_\_ 12. Do I hold my child accountable for poor or unsportsmanlike behaviors?
- \_\_\_ 13. Do I appropriately push my child when he or she is lazy and does not work hard?
- \_\_\_ 14. Do I encourage my child to seek out new challenges and opportunities?
- \_\_\_ 15. Do I avoid exerting pressure to win?
- \_\_\_ 16. Do I model an active lifestyle?



# SUCCESSFUL SPORTS PARENTING



- \_\_\_ 17. Do I emphasize core values like 'if you are going to do it, do it right?'
- \_\_\_ 18. Do I provide transportation, financial, and logistical support?
- \_\_\_ 19. Do I provide considerable encouragement by recognizing what my child does right?
- \_\_\_ 20. Do I try to make the sport fun?
- \_\_\_ 21. Do I avoid focusing the majority of our conversations at home on the child's sport?
- \_\_\_ 22. Do I act calm and confident in my child as he or she competes?
- \_\_\_ 23. Do I avoid considering my child's sport as an investment and that I should receive something in return?
- \_\_\_ 24. Do I treat my child the same following wins and losses?
- \_\_\_ 25. Do I provide my child ample opportunity and resources to be successful in his or her sport?
- \_\_\_ 26. Do I allow my child some "say" in sport-related decisions?
- \_\_\_ 27. Do I attempt to keep my own interests in the sport secondary to my child's?
- \_\_\_ 28. Do I avoid getting caught up in the sport and making it over-important?
- \_\_\_ 29. Do I consider my child my son or daughter first, and an athlete second?
- \_\_\_ 30. Do I avoid critiquing my child immediately following the competition or during the car ride home?

## TOTAL SCORE \_\_\_\_\_

- 135-150 Great job mom/dad! You are parenting your child's athletic participation very effectively. Keep doing what you're doing!
- 120-134 You are very effective in parenting your child in sport. Find any items that you scored 3 or below and set a goal to improve.
- 105-119 At times you are effective parenting your child in sport, but there are some behaviors that may be negatively influencing your child's experience. Review your ratings and then set a goal to improve scores below a 3.



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- 90-104 There is a good chance that you are negatively influencing your child's experience. Review your ratings and then read the sport parenting tips on the CD. This will help you develop ideas for improving your child's experience.
- 89 and below You are negatively influencing your child's experience. It is important that you think about your child's goals and why he or she participates in the sport. Reflect on your perspective of the sport and how it differs from a healthy perspective of developing the child and having fun. Please review the sport parenting tips on the CD, and set a goal every week to improve as a sport parent.