

PARENTS IN SPORT: TIPS FOR COACHES

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Parents play an essential role in supporting their children in sport and activity.

Dr. Camilla Knight, an associate professor of sports science at Swansea University and a consultant to the CPSU, has 5 tips for coaches and organizations who are ready to engage in proactive communication with parents:

5 TIPS FOR COACHES

1

RECOGNIZE THE IMPORTANCE OF PARENTS

in sport and take time to thank them for their support and involvement.

2

WORK WITH PARENTS

to ensure they understand your philosophy, expectations, and aims, and help them to know how they can reinforce your messages.

3

TAKE TIME TO TALK TO PARENTS

to learn about the demands they face and understand why they may react in certain ways. If required, adapt your behaviors to reduce the demands parents are facing.

4

HELP PARENTS

to better support their children's involvement in sport; provide opportunities for parents to learn about what children like and the positive impact they can have on children's involvement in sport.

5

GET PARENTS INVOLVED!

Encourage parents to be involved in meaningful and helpful ways so that you can all work to optimize young people's sporting involvement.

Active for Life is a national initiative created to help parents raise physically literate children. At activeforlife.com, parents, educators, and coaches will find fun activities, engaging articles, and free resources to get kids active, healthy and happy. Sign up for Active for Life's monthly newsletters. Connect with Active for Life on Facebook, Instagram, and Twitter.

WE WISH YOU THE BEST OF LUCK
WITH YOUR SEASON!