FAMILIES' EXPERIENCE IN SPORTS

INTRODUCTION

Having children involved in sport can provide a wide variety of **benefits and positive experiences;** such as, physical and psychological development, enjoying participating in sport, making new friends... However, **supporting your child's experience in sport** can be challenging, and **can also have an influence on your involvement, behavior and emotions.**

Therefore, understanding that **the experience of being a parent** of an athletic child and **preparing yourself for possible obstacles can be very helpful.**

HOW TO HELP CHILDREN BY USING YOUR EXPERIENCE

1. LEARN ABOUT YOUR CHILD'S SPORT

TALK
to **coaches and experienced parents.**

GET INFORMATION
through **the sport federation's websites.**

2. MOVE FORWARD WITH YOUR CHILD'S PROGRESS

UNDERSTAND
that your child will **progress in the sport** and will find himself/herself in **different clubs and cultures.**

BE PREPARED
that your **involvement and expectations** for progress are likely to **change.**

3. STAY TRUE TO YOUR PRINCIPLES AND GOALS

REMEMBER
that **your involvement and behavior will be influenced** by the sports culture.

REFLECT
on your own experience so that you **can stay true** to your goals and principles.

4. REFLECT ON POSSIBLE FUTURE SITUATIONS

See your child disappointed, not being selected, getting injured, or receiving favoritism.

THINK
about the different situations which you may face.

MEDITATE
on how you would feel **in such situations** and what **strategies would help you.**

5. FIND A NETWORK OF CONTACTS

DEVELOP
a **network of contacts** for **emotional and logistical support.**

SEEK HELP
with the **demands of training and competitions.**

6. TALK TO YOUR CHILD

COMMUNICATE
with your child to **learn more about his or her experience** in the sport.

BE PART
of their sport experience in **an active and positive way.**

7. RELAX AND ENJOY THEIR COMPETITIONS

TEACH
your child **with your behavior.**

ENJOY
with him/her of his/her sporting experience.