

# Parenting for Success

THE LITTLE THINGS THAT CAN MAKE A BIG DIFFERENCE



# Creating champions – on and off the mountain

To inspire the pursuit of excellence and empower members of our community to achieve their personal goals in athletics and in life through participation in sport.



EXCELLENCE

INTEGRITY

RESPECT

DEDICATION

TEAMWORK



# UNCONDITIONAL LOVE

- ▶ Make sure your child knows you love them whether they win or lose
  - ▶ You don't want your child to fear failure
  - ▶ You want your child to be motivated to seek success
  - ▶ Your child depends on your loving support

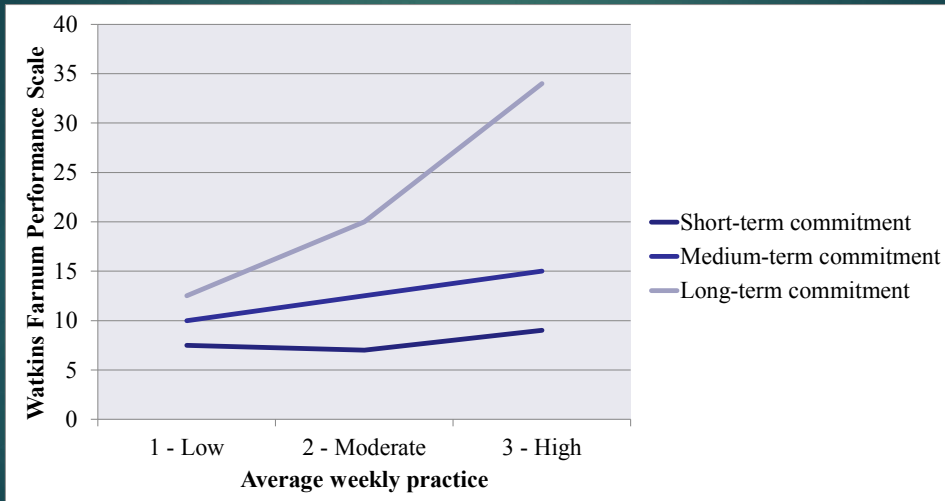


## Looking through the lens of your child

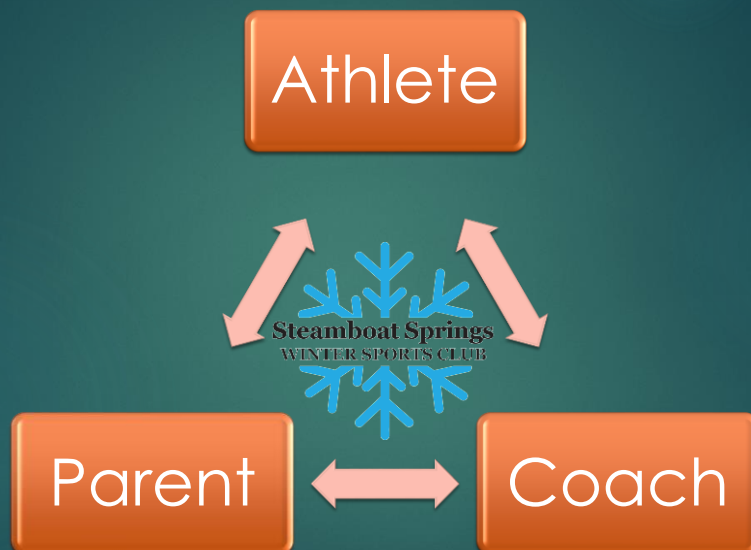
- ▶ #1 reason kids participate in sport – have FUN
- ▶ Additional primary reasons: be with friends, improve their skills (get better)



## How long do you think you'll be a ...?

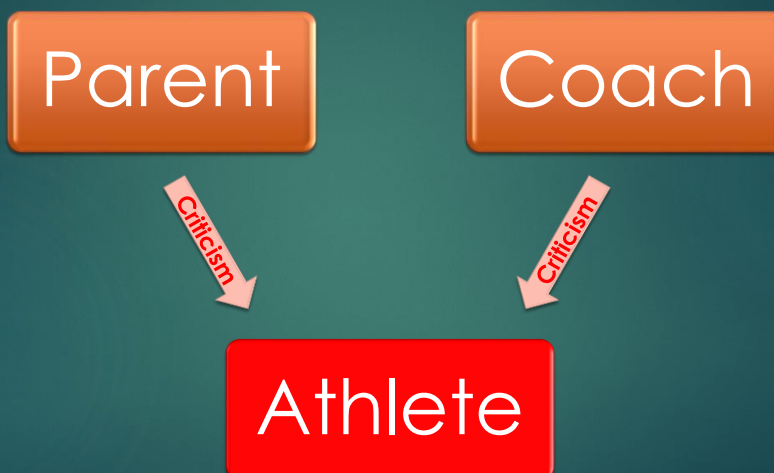


Gary McPherson, 1997

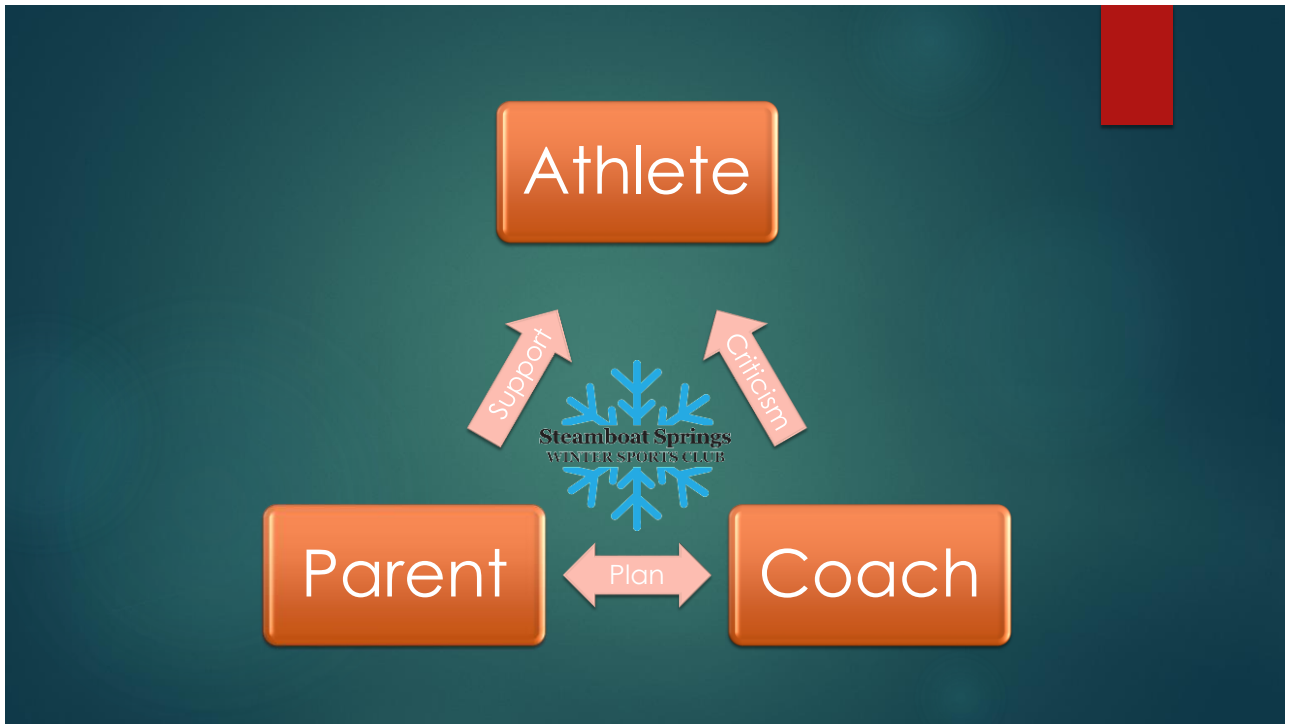


# Communication!

- ▶ Your coach should be communicating with you
  - ▶ Training plan
  - ▶ Events detail
  - ▶ Feedback on child's progress, attitude
- ▶ Your role as a parent: support the coach
- ▶ Your job as a parent: get a coach you can support







## Role of Praise

- ▶ Parents like to praise
- ▶ Myth: more praise = more motivation
- ▶ Myth: more praise = more confidence
- ▶ Praise only when warranted
- ▶ Praise always when warranted
- ▶ Praise effort over performance
- ▶ Emphasize what the athlete can control



## John Wooden-ism

***“Did I win? Did I lose? These are the wrong questions. The correct question is: Did I give my best effort? If so, you may get beat, but you will never lose.”***



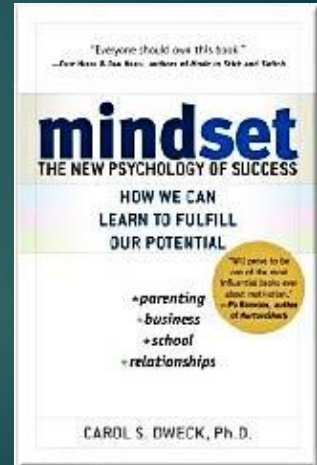
## Effort versus ability message



EFFORT



ABILITY



## Words have meaning

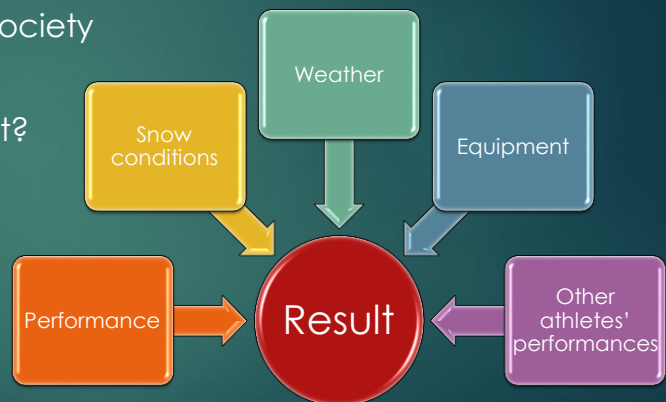
- ▶ Sacrifice... choice
- ▶ Failure... setback
- ▶ Criticism... coaching
- ▶ Tragedy... disappointment
- ▶ Difficulty... challenge
- ▶ Quit... end





## Performance vs. Results

- ▶ We are a results-focused society
- ▶ What goes into a result?
- ▶ What comes out of a result?



## Managing Opportunities

- ▶ Many choices, don't need to go to every event
- ▶ Support the periodization principle:  
Train -> Compete -> Recover
- ▶ Long-term focus vs. chasing starts



## Good result vs bad result


- ▶ Are your actions different?
- ▶ How does your child deal with good results? Poor results?
- ▶ When do you talk to your child about their performance?
  - ▶ Good performance – celebrate right away
  - ▶ Poor performance – give space & support, critiques only after athlete has time to process
- ▶ What should you say? What is their coach saying?

Like 

So proud of my son.

Yesterday was the U18 National Championships. It wasn't the day my son hoped for. After winning the first run he faltered on the second ... Thinking about yesterday, I said to myself, "if he had won, I would be plastering podium pictures. Am I even one iota less proud of him than if he had won the champs? Of course not. So then why am I not posting that?" Here it is. I am so proud of you for pursuing the journey you love. I always wish the best for you, of course. Nevertheless, I am equally proud of you whatever the result. You handled the result with dignity and represented yourself as a true sportsman and gentleman. There will be many more days to celebrate. Well done, All my love, Dad

## What do I do?

- 
- ▶ **CARE – unconditional love and support**
  - ▶ **Talk process**
  - ▶ **Praise for effort, struggle and persistence despite setbacks**
  - ▶ **Team up with coaches**
  - ▶ **Look for intrinsic motivation**



## What do I avoid?

- ▶ Labels
- ▶ Numbers
- ▶ Car ride home
- ▶ Conflicting messages



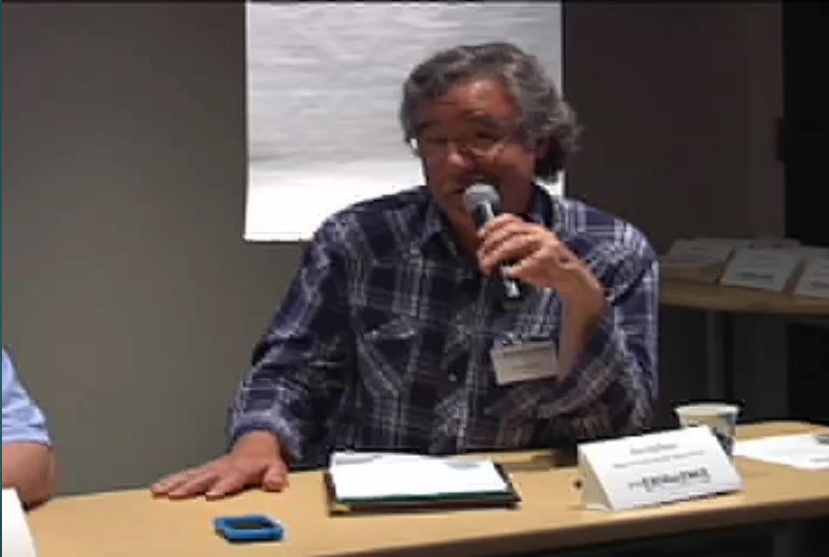
## Questions to Ask

- ▶ How well do you think you performed today?
- ▶ How good do you think you are?
- ▶ How much effort did you put in?
- ▶ How much fun did you have?
- ▶ What are your goals?





This is their game



Thank you parents!



## Next opportunities

- ▶ Monday, October 5, 11:30-1:00 – Returning to Sport from Injury
  - ▶ Dr. Dana Fitzgerald
- ▶ Wednesday, October 14 – Long-Term Athlete Development – The Right Things at the Right Time