

Pushy v Supportive Parents

Written by Working With Parents In Sport

The table below looks at some of those differences. A small change in behaviour as a parent could lead to a major change in the environment that you create for your child.

PUSHY PARENT	VS	SUPPORTIVE PARENT
You want to win more than your child ❌		Support the process not the outcome ✅
You react in an inappropriate manner ❌		Control your emotions ✅
You make them specialise in one sport from a young age ❌		You let them try a number of different sports ✅
You force them to play ❌		You give them a say if they want to participate ✅
You don't give them choices ❌		You provide lots of very different opportunities ✅
You are embarrassed and ashamed if they make mistakes or lose a match ❌		You keep your composure and remember it is your child who is playing ✅
You only care about your child and how well they play ❌		You support all of the children involved in the game ✅
You constantly yell instructions to your child during the game ❌		You only praise and support positively from the side ✅
You argue with other parents and coaches ❌		You are friendly and supportive of other parents and coaches ✅

©_WWPIS | www.parentsinsport.co.uk

@coachingmanual | www.thecoachingmanual.com