

Parents perspective

Your child is a masterpiece. However, the team has many players, and each one is just as important to their own parents. Treat every child with the same respect you give your own.

The opponents are children too. They just happen to be wearing a different jersey. Respect the opposing players as well. Without an opponent, there is no game. Applaud and cheer for good performances from the players on the other team too.

Be involved in your child`s hobby. Show genuine interest- not only when things are going well, but also when they are not. Talk, listen and encourage. Let your child know they are good enough. Remember to tell them how proud you are. Praise effort rather than results.

Respect the coach and other staff members. They give hours of their own time each week to support your child. At best, a strong bond of trust forms between the coach and the athlete, and the coach becomes another safe adult in the child`s life. Positive interaction between parents and the coach can be rewarding and help the child in many ways.

Give the coach space to work and be patient with your child`s progress.

Coaches know what they`re doing, and children develop at different paces. Your child`s moment to shine will come sooner or later. Open and positive conversations between parents and the coach about the child`s development are valuable. Honest yet encouraging feedback helps the child move forward.

Be your child`s observer and supporter. Pay attention to their energy levels and signs of burnout. Navigate the toughest moments together through conversation. When you know your child well, it`s easier to see when to slow down and when to push full steam ahead. Children don`t always know how to listen to their bodies, but with adult guidance they can learn. A parent`s job is to ensure training loads stay reasonable, the child eats enough and healthily, and gets sufficient rest.

Support your child`s choices and help them find the right path. Sometimes it`s important to guide them in the right direction, especially when quitting crosses their mind. Don`t let your child give up too easily. Commitment in sports teaches the value of commitment later in life as well. Still, the hobby belongs to the child, and a parent cannot live their own life through it. The final decision to continue or switch clubs ultimately belongs to the child.

Let your child make mistakes and learn from them. You can ask what they think they could have done differently. Ask whether they want feedback. Be present and listen. But don't push criticism or advice on them.

Don't blame equipment, referees, weather, other players, or the coach for losses or poor performances. Don't teach your child to look for excuses. Blaming others teaches irresponsibility and prevents the child from learning from their own mistakes.

Don't expect perfection or tie your ego to your child's performance. Your child is not responsible for your reputation or your overly high expectations. Let them enjoy sports without pressure from you. Every child has the right to participate in sports in a joyful, safe, and encouraging environment.

Parents play a significant role in a child's sports hobby. Their influence strongly affects the child's motivation, self-esteem, and sense of competence. Think about how you respond to your child after a game or practice.

Don't ask: "Did you win?" or "Did you score?" Instead ask: "Did you have fun?" and "Did you have some good moments?" Give your child time to process disappointment, express frustration, or celebrate success. Don't blame or criticize.

Parents mean well when they try to protect their child from disappointment, but in reality, they do them a disservice. Failure is an essential part of the process, so children should be encouraged to face challenges and step outside their comfort zone.

Parents are allowed to be passionate and live in the moment on the sidelines. An enthusiastic and engaged parent helps create a passionate attitude on the field as well.

Finally: Be your child's biggest supporter and encourager. Drive them, fund the hobby, listen, and show appreciation. Go watch the games and stay interested. A child who gets to enjoy sports in this kind of environment is a happy child :)