

## **Guidelines for Parents of Children in Sports**

1. Make sure your children know that—win or lose—you love them and are not disappointed with their performance.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize improved performance, not winning. Positively reinforce improved skills.
5. Don't relive your own athletic past through your child.
6. Provide a safe environment for training and competition. This includes proper training methods and equipment.
7. Control your own emotions at games and events. Don't yell at other players, coaches or officials.
8. Be a cheerleader for your child and the other children on the team.
9. Respect your child's coaches. Communicate openly with them. If you disagree with their approach, discuss it with them privately.
10. Be a positive role model. Enjoy sports yourself. Set your own goals.

### ***About Tips Provider:***

Children's Healthcare of Atlanta, one of the leading pediatric healthcare systems in the country, is pleased to offer summer tips for parents and their children. Click on the links for more information. Children's experts are also available for interviews pertaining to these topics, as well as additional pediatric health care issues. Please contact Children's 24-hour, 7-day-a-week media pager at 404-570-9717 to reach a public relations representative immediately.

Children's is a not-for-profit organization that benefits from the generous philanthropic and volunteer support of our community. Operating three hospitals with more than half a million patient visits annually, Children's is recognized for excellence in cancer, cardiac, neonatal, orthopaedic and transplant services, as well as many other pediatric specialties. Visit our Web site at [www.choa.org](http://www.choa.org) or call 404-250-KIDS to learn more about Children's Healthcare of Atlanta.