



TIPS FOR PARENTING CHILDREN IN SPORT



DEVELOP GOALS

Talk about what they want to achieve and what you want them to achieve. Make sure they align and make a plan.



CREATE A SUPPORTIVE ENVIRONMENT

Be there to support and guide your athlete, but limit conversations about outcomes and expectations. Create an environment that makes them feel like you understand them and their involvement in sport.

CREATE A NETWORK

Build relationships with other players, coaches, and staff so your athlete feels comfortable to reach out if they are struggling. Encourage your athlete to speak up if they are struggling with their sport.



MODEL HEALTHY ATTITUDES

Model healthy attitudes towards sports, physical activity, rest, and mindfulness. Show that it is okay to take rest days and encourage healthy eating and sleep patterns.

"I KNOW HOW IMPORTANT IT IS FOR ME TO KEEP WORKING HARD ON MYSELF, AND NOT JUST ON MY PHYSICAL FITNESS BUT ON MY MENTAL HEALTH, TOO."-
SAM KERR (MATILDAS PLAYER)

REACH OUT TO SUPPORT:
-RISE SPORTS PSYCHOLOGIST
-KELLY O'BRIEN (ATHLETE WELLBEING FACILITATOR)
-MENTAL HEALTH FOUNDATION AUSTRALIA
-HEADSPACE