



# Parenting in Youth Sport

Parents' Huddle  
Session 1

# Holistic Athletic Career model

Age	10	15	20	25	30	35
Athletic Level	Initiation	Development		Mastery		Discontinuation
Psychological Level	Childhood	Puberty Adolescence		Young Adulthood		Adulthood
Psychosocial Level	Parents Siblings Peers	Peers Coach Parents/Siblings Romantic Relationship		Partner Coach Support Staff Teammates Students		Family (Coach) Peers
Academic/Vocational Level	Primary	Secondary		NS	Semi-pro athlete/Higher education	Post-athletic career
Financial Level	Family		Family/Sport Governing Body	Sport Governing Body/Government /NOC Sponsor	Family	Employer

**Share your thoughts!**

**Go to [www.menti.com](https://www.menti.com)**  
**Use the code: 80 96 01**

# Selecting the appropriate sporting opportunities

**Importance of  
providing appropriate  
opportunities**

**Align opportunities  
with the different  
stages of development**



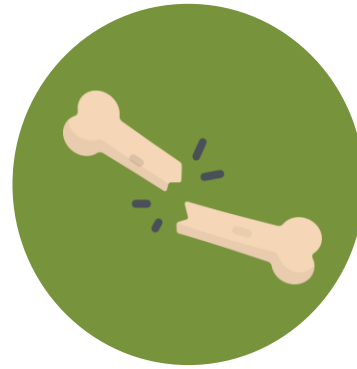
## Importance of providing appropriate opportunities



Longevity of  
children's sporting  
involvement



Ability to achieve  
sporting potential

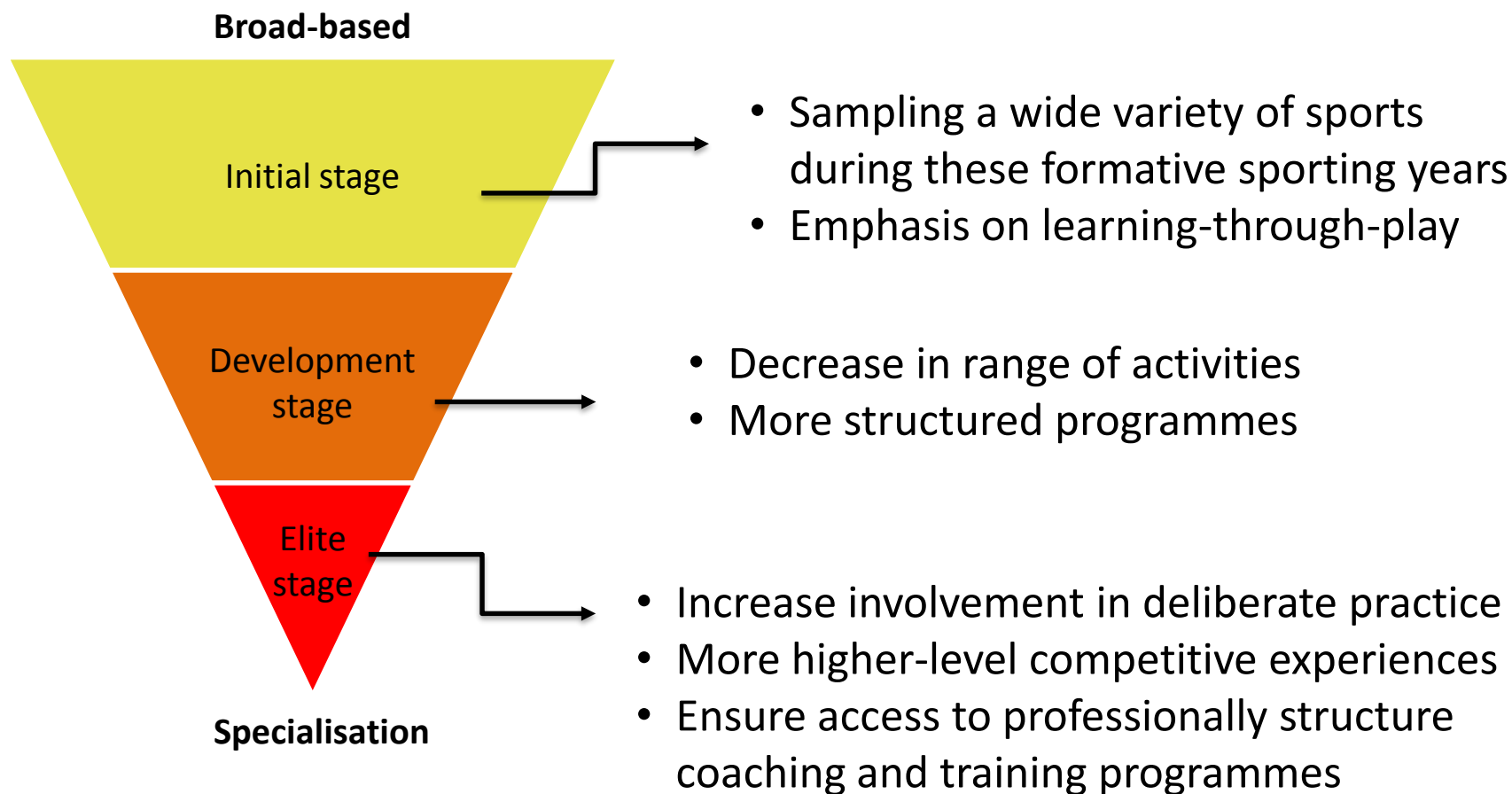


Chances of  
experiencing  
injury



Psychosocial  
experiences

## Align opportunities with the different stages of development



# What are some factors that you will consider when you buy property?

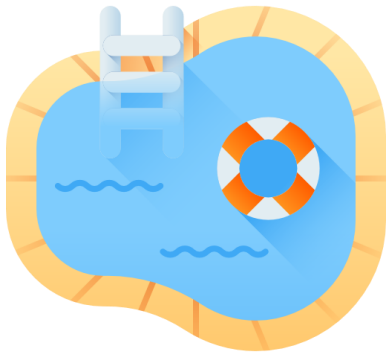




# What are some factors that you considered when you enroll your child in sports?







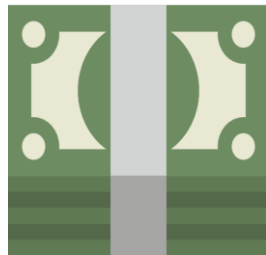
**Facilities**



**Coach**



**Location**



**Finances**



**Social environment**

**Share your thoughts! Again!**

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**Use the code: 20 89 23**

# How should you go about providing support for your child?

Provide your child with appropriate types of social support



Understand what your child wants to achieve and manage your own expectations

## Provide your child with appropriate types of social support



## Understand what your child wants to achieve and manage your own expectations



What are your expectations  
for your child?

**Shared and  
communicated goals**

A row of ten small, brown, rectangular wooden blocks arranged in a slightly curved line.

What is your child's  
aspiration?

# Understanding and managing the different organizational and developmental demands



# Coping with organisational demands

Be **proactive** in understanding and attending to your child's needs

- Check in with your child regularly on their goals and aspirations.

**Reduce the amount of parenting stress** that you place on yourself

- If you are stressed out, how do you think your child will feel?

**Understand the sport** that your child plays

- Self-education
- Understand the etiquette of the sport

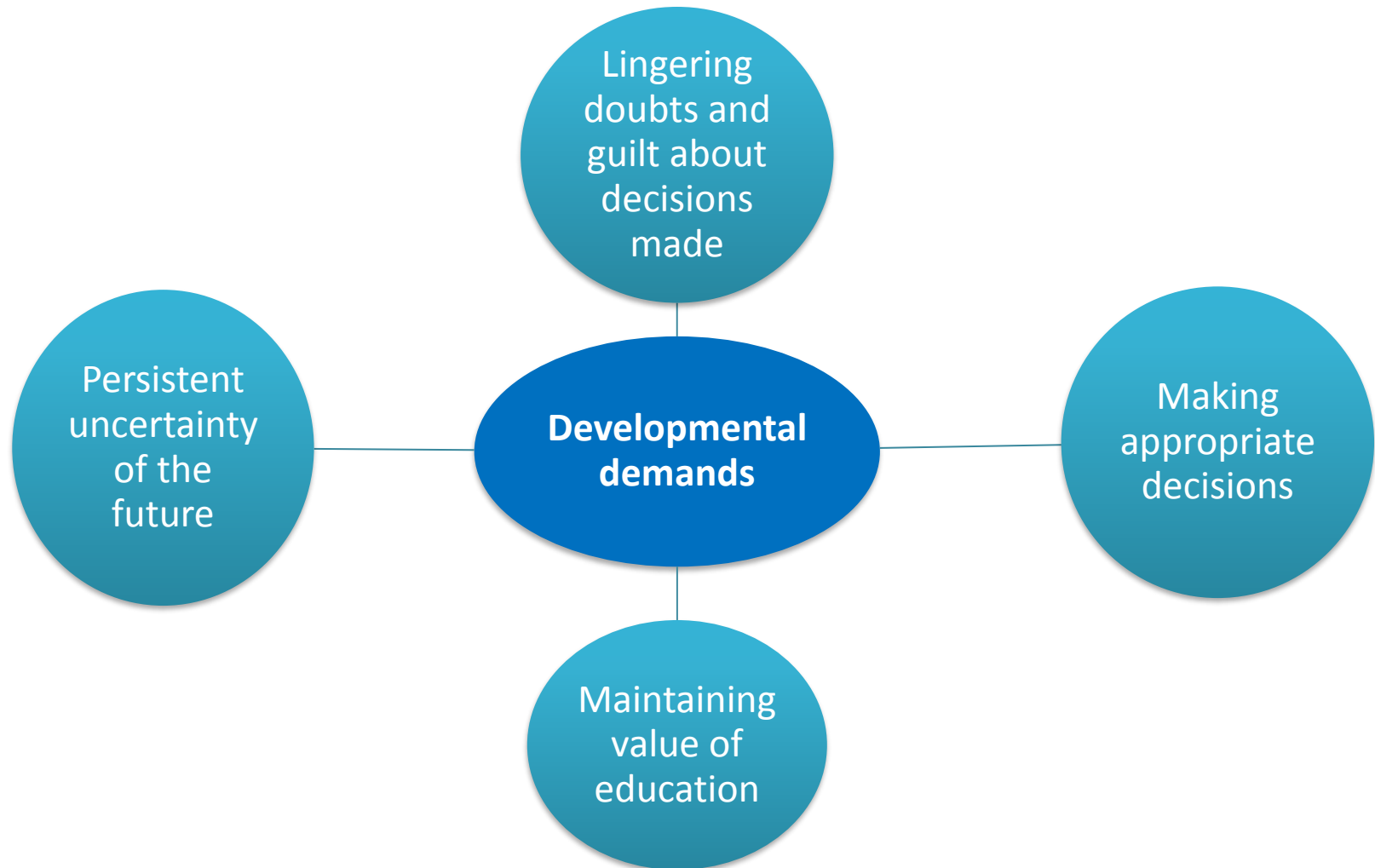
Be **aware** of potential strain on your social and family relationship

- Manage spousal relationship and share responsibility
- Caring for the non-sport sibling
- Less time for friends and managing workload

It is important to note that you are not in this alone. ***Develop a strong support network*** to enhance your own well-being and your child's sporting experience.



# Understanding and managing the different organizational and developmental demands



# Coping with developmental demands

## Engage available resources

- Online free parenting resources (e.g. NYSI Parents Handbook, SportParentEU)
- Other parents
- NYSI, SSI Athlete-life department

## Listen to what your child has to say

- Provide them with autonomy in decision-making
- Active listening
- Be open-minded

## Anticipate and plan for potential challenges

- Planned challenges (transition into a new/senior team, moving abroad)
- Unplanned challenges (injuries, changing to another sport, personal circumstances)

# Resources

**NYSI Parents Handbook**



**SportParentEU**

<http://www.sportparent.eu/>



# Feedback

