

# Remote proof approval

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## This document

Client/project SSC0100247  
Document/proof PCS Parents Trifold\_v1  
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Date sent 28 June 2012

## Client

- Approved with no alterations  
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## Give unconditional support

When you spend effort, time and money to allow your child to be involved in sport, it may be that the child then feels pressure to succeed. It is important that you make sure they understand that it is their commitment and effort that you most appreciate, not the winning or losing. It is equally important to make sure that your child knows that they have your unconditional support, no matter what the result may be.

## Deal positively with mistakes

Children can sometimes worry about making mistakes and this can affect their performance and enjoyment.

No one is successful at everything and it is important that children deal positively with their mistakes. Don't compound your child's negative feelings when they make a mistake by your actions or comments. Instead, support your child to learn from their mistakes and move on from them.

## Develop self-confidence

Children with good self-esteem and self-confidence are better at trying new things, making new friends and dealing positively with mistakes. For many young people, confidence is fragile and can be affected by negative comments from parents or coaches. Giving consistent encouragement and truthful praise helps to build self-confidence and self-esteem.

See the back of this leaflet for some different ways to say 'well done!'

## Different ways to say 'well done!'



## Our Partners

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Developed from the original programme created by Positive Coaching Alliance.



# Positive Sport Parents

Help create a positive environment in youth sport

Putting sport first

**sportscotland**  
the national agency for sport

# Positive Sport Parents

Participating in sport is an important opportunity to help your child develop socially, emotionally and physically.

The Positive Coaching Scotland programme is about creating a positive environment in youth sport – one which focuses on encouraging effort and learning, improving performance and fostering competition. This focus helps young people to understand the importance of effort and participation rather than winning at all costs.



As a parent, one of your most important roles is to help your child understand the important life lessons to be gained from participating in sport, such as:

- leadership
- handling adversity
- teamwork
- persistence
- compassion

## Participating in sport can help children to:

- build self-confidence
- stay fit and healthy
- develop discipline
- set targets
- become team players
- cope with failure and bounce back
- handle criticism

Youth sport should not be confused with professional or elite sport. The focus of youth sport is on participation and enjoyment, a positive mental attitude and passion – values shared throughout sport - without the ‘win at all costs’ mentality sometimes associated with professional and elite sport.

## What can you do as a parent?

- encourage your child to have fun
- inspire your child to be the best they can be both in sport and in life
- help develop self-confidence
- show unconditional support and encouragement for your child in their sporting activities
- ensure your child benefits from the valuable life lessons participating in sport offers
- establish a positive relationship with your child’s coach.

## Teach sportsmanship

You should teach your child the importance of sportsmanship, as this will encourage them to give their best, stick to the rules and also have fun. They should:

- always play by the rules
- always respect their opponents
- always respect the officials
- always respect their team mates
- always respect themselves


## Be a role model

You are the best person to instigate, lead and create a change in sport culture. Leading by example, you are letting other parents, young people and coaches see that your behaviour supports what you believe in. For instance, cheering for both teams during a game or shaking hands with the official afterwards.

Remember – you are the most important role model in your child’s life.

## Use teachable moments

There are times during practice sessions, games and as a spectator of sport where you may witness both positive and negative examples of behaviour and attitude: these are teachable moments. For example, a young athlete assisting an injured opponent or a high-profile athlete behaving in a controversial way.



These moments provide opportunities to talk to your child about what is happening and to highlight positive and negative behaviour.