



Being an Olympic-Caliber Sport Parent PARENT BEHAVIOR CHECKLIST*

Rate on a 1 to 5 scale the questions below relative to your parenting of your child in his or her sport. Think about how your child or your child's coach would rate you.

1	2	3	4	5
Not like me				Characteristic of me

- ___ 1. Do I emphasize the development of my child and having fun more than winning?
- ___ 2. Do I have expectations that are realistic for my child as a player?
- ___ 3. Do I rarely criticize my child for his/her play?
- ___ 4. Do I allow my child to be responsible for their sport preparation (meaning I do not do everything for my child including carrying bags, getting water, calling others to practice, preparing equipment)?
- ___ 5. Do I avoid trying to coach my child when he or she has a coach?
- ___ 6. Do I provide love and support regardless of the outcome of a competition?
- ___ 7. Do I emphasize the importance of hard work with my child?
- ___ 8. Do I expose my child to different sports?
- ___ 9. Do I keep success in perspective?
- ___ 10. Do I display a positive and optimistic parenting style?
- ___ 11. Do I avoid allowing my child's sport to dominate his or her entire life?
- ___ 12. Do I hold my child accountable for poor or unsportsmanlike behaviors on court/field?
- ___ 13. Do I appropriately push my child when he or she is lazy and does not work hard?
- ___ 14. Do I encourage my child to seek out new challenges and opportunities?
- ___ 15. Do I avoid exerting pressure to win?
- ___ 16. Do I model an active lifestyle?
- ___ 17. Do I emphasize core values like 'if you are going to do it, do it right?'
- ___ 18. Do I provide transportation, financial, and logistical support?

- ___ 19. Do I provide considerable encouragement by recognizing what my child does right?
- ___ 20. Do I try to make the game fun?
- ___ 21. Do I avoid focusing the majority of our conversations at home on his or her sport?
- ___ 22. Do I act calm and confident in my child as he or she plays the match/game?
- ___ 23. Do I avoid considering my child's sport as an investment and that I should receive something in return?
- ___ 24. Do I treat my child the same following wins and losses?
- ___ 25. Do I provide my child ample opportunity and resources to be successful in his/her sport?
- ___ 26. Do I allow my child some "say" in sport-related decisions?
- ___ 27. Do I attempt to keep my own interests in his/her sport secondary to my child's?
- ___ 28. Do I avoid getting caught up in the sport and making it over-important?
- ___ 29. Do I consider my child my son or daughter first, and an athlete second?
- ___ 30. Do I avoid critiquing my child immediately following the match/game or during the car ride home?

TOTAL SCORE _____

Scorecard: Parent Checklist

- 135-150** Great job mom/dad! You are parenting your child in his/her sport very effectively. Keep doing what you're doing!
- 120-134** You are very effective in parenting your child in his/her sport. Find any items that you scored 3 or below and set a goal to improve.
- 105-119** At times you are effective parenting your child in his/her sport, but there are some behaviors that may be negatively influencing your child's experience in the game. Review your ratings and then set a goal to improve scores below a 3.
- 90-104** There is a good chance that you are negatively influencing your child's sport experience.
- 89 and below** You are negatively influencing your child's sport experience. It is important that you think about your child's goals and why he or she plays the sport. Reflect on your perspective of the sport and how it differs from a healthy perspective of developing the child and having fun in the sport. Please set a goal every week to improve as a sport parent.