

# A LASTING RELATIONSHIP

As a parent, one of your most important goals should be building a healthy and lasting relationship with your child. There are countless *positive and negative experiences* your child can have as a member of an interscholastic team. As you and your student travel through this journey, remember these strategies to help build **a lasting relationship**.

1

**Support your student.** Your child needs to know that you're their #1 fan, regardless of their ups and downs. Use your opportunities to demonstrate your love.

2

**Be a good listener.** Taking the time to listen to your child is one of the best ways to understand your child's feelings, concerns, and point of view.

3

**Support your child's goals.** Talk with your child about goals they have when it comes to being a teammate and how those goals can be met as a team and an individual.

4

**Know your role.** Your role is to help your student, not to coach or referee! Over zealous parents who cross this line often cause major conflict for their student.

5

**Be involved** with your child's program with fundraising activities, supporting a booster club, providing encouragement, and attending games and events.

6

**It's a game.** Winning and losing is a big deal however, do not equate your child's successes and failures with wins and losses.

7

**Instill confidence.** You have a responsibility to help your student feel good about themselves. Compliments and encouragement go a long way!

8

**The ride home.** Don't make the mistake of initiating a critique about your student's performance immediately after the competition or during the ride home.

9

**Remember fun.** Research shows that kids play sports and activities for the joy and fun of participating and sharing those experiences with their teammates.

10

**Emphasize the journey.** This journey is much more than winning one event or a heartbreaking loss. It is the accumulation of days, months, seasons, and years.