

BEYOND THE SIDELINES

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PRAISE

vs

APPRECIATION/
ACKNOWLEDGEMENT

“Good job!”	“I love watching you play”
“You’re so talented!”	“Wow! I haven’t seen you do that before!”
Parent is the judge	Observation
Parent has the power	“I” message
Contributes to fixed mindset	Young person has the power

EMPATHY

“Empathy is the experience of understanding another person’s condition from their perspective”

Things to avoid

- Explaining, making excuses
- Interrogating
- Fixing
- One-upping, tale-telling
- Reassuring
- Dismissing

What to do instead:

- Put yourself in their shoes
- Listen
- Imagine being them
- What are they feeling?
- Why? What’s important to them?

WHEN THEY WANT TO QUIT

- Listen to them
 - Observe them in competition and at practice
 - Is it safe? Physically? Emotionally?
 - Ask good questions:
 - What were their reasons for starting?
 - What are their reasons for quitting?
 - What changed?
 - How are they feeling?
 - Is it the sport or this particular environment?
 - Limits with empathy (if appropriate) to help them through
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IN A NUTSHELL

- Unconditional love and support
- Listen and empathize
- Accept and acknowledge all feelings
- Think about what message you're sending with your actions
- Have fun playing (sports) together
- Ask your young people how they want to be supported
- "I love to watch you play!"



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