

Strategies for navigating sport parenting



Trust the coach

Develop a positive relationship with your child's coach. Trust the coach's decisions. Work with them not against them. Socialise with other parents and create a wider support network for you and your child.



Walk the walk

Stress is contagious. Recognise what you personally find difficult about your child's sport. Be aware of how you respond to problems and stressors and notice how your child responds to this. Be a model of calm and coping as much as you can.



Process not outcome

Develop goals with your children for their sport. Talk about what they want to achieve and share your own thoughts. Limit conversation time about outcomes & expectations. Praise and encourage your child.



Freshen it up

Watching from the sidelines can be dull at times. Get some air. Take a different route to the court. Spend some time relaxing. Keep it fun and don't allow the weekly grind to get you down.



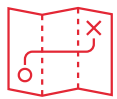
Show an interest

Create an environment – at home, in the car – in which your child feels that you understand them and their sporting involvement. Allow / encourage your child to talk about their emotions around competition.



Reflect

Review the competition through a positive lens (e.g. seeing your child's performance as a learning experience and an opportunity to build resilience).



Plan for what ifs

Spend some time thinking through challenging situations that may arise and plan your best response. You will feel greater control over your thoughts when they are familiar.



Have the talk

If someone in the household is adding unnecessary pressure on your child, have the hard conversation with them before it's too late. Be open to the fact it could be you.



Ask them how they want supporting

Talk to your child about what they would like you to do at training and competitions. If they say 'dunno' then be as present as possible. Be available.

Strategaethau ar gyfer ymdopi â bod yn rhiant yn y byd chwaraeon



Ymddiried yn yr hyfforddwr

Datblygwch berthynas gadarnhaol gyda hyfforddwr eich plentyn. Cofiwch ymddiried ym mhenderfyniadau'r hyfforddwr. Gweithiwch gyda ac nid yn erbyn yr hyfforddwr. Cofiwch gymdeithasu gyda rhieni eraill a chreu rhwydwaith cefnogi ehangach i chi a'ch plentyn.



Peidio â chynhyrfu

Mae straen yn heintus. Dylech gydnabod beth sy'n anodd i chi'n bersonol am gamp eich plentyn. Byddwch yn ymwybodol o sut rydych chi'n ymateb i broblemau a straen a sylwi sut mae eich plentyn yn ymateb i hyn. Byddwch yn fodel o ymdopi fel sy'n bosibl, heb gynhyrfu.



Proses nid canlyniad

Datblygwch nodau gyda'ch plant ar gyfer eu camp. Siaradwch am yr hyn maen nhw eisiau ei gyflawni a rhannwch eich meddyliau eich hun. Cyfyngwch ar amser sgwrsio am ganlyniadau a disgwyliadau. Canmolwch ac anogwch eich plentyn.



Amrywio pethau

Gall gwyllo o'r ochr fod yn ddiflas ar adegau. Ewch i gael awyr iach. Cymryd llwybr gwahanol i'r llys. Treulio rhywfaint o amser yn ymlacio. Cadwch bethau'n hwyl a pheidiwch â gadael i'r gwaith caled wythnosol eich digalonni chi.



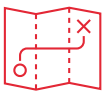
Dangos diddordeb

Creu amgylchedd – gartref, yn y car – lle mae eich plentyn yn teimlo eich bod chi'n ei ddeall, ac yn deall ei gyfranogiad mewn chwaraeon. Caniatáu / annog eich plentyn i siarad am ei emosiynau adeg cystadlaethau.



Adlewyrchu

Adolygwch y gystadleuaeth drwy lens gadarnhaol (e.e. gweld perfformiad eich plentyn fel profiad dysgu a chyfle i feithrin gwydnwch).



Cynllunio ar gyfer beth os

Treuliwch rywfaint o amser yn meddwl am sefyllfaoedd heriol a allai godi a chynllunio eich ymateb gorau. Byddwch yn teimlo mwy o reolaeth dros eich meddyliau pan maen nhw'n gyfarwydd.



Cael sgwrs

Os oes rhywun yn y cartref yn rhoi pwysau diangen ar eich plentyn, dylech gael y sgwrs anodd gyda nhw cyn iddi fod yn rhy hwyr. Byddwch yn agored i'r ffaiith y gallai fod yn chi.



Gofyn sut mae eisiau cefnogaeth

Siaradwch gyda'ch plentyn am yr hyn yr hoffai i chi ei wneud mewn hyfforddiant a chystadlaethau. Os yw'n dweud 'dwn im', byddwch mor bresennol â phosibl. Byddwch ar gael.

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