

# HOW TO HAVE MORE FUN WATCHING YOUR KID PLAY

**PARENTS:** Are you stressed out while watching your kids play sports?

If so, you're not alone. Many parents feel the same way. But it doesn't have to be this way. There are proven, effective strategies you can use to lower your stress and gain more enjoyment from watching your kids play.



One key strategy is to have a growth mindset. This means focusing on your child's progress and development, rather than on their wins and losses. When you have a growth mindset, you're more likely to appreciate your child's effort and improvement, even if they don't win every game.

**To have a growth mindset, focus on the following:**

- **Process over outcome:** Instead of focusing on the results of the game, focus on your child's effort, attitude, and skill development.
- **Encourage learning from mistakes:** Everyone makes mistakes, including professional athletes. When your child makes a mistake, help them to learn from it and move on.
- **Encourage perseverance:** Sports can be challenging, but it's important to teach your child that it's okay to make mistakes and that they can learn from them. Encourage them to keep trying their best, even when things are tough.

# TWO WAYS TO APPLY A GROWTH MINDSET WHEN WATCHING YOUR KID'S GAMES

## 1. *CATCH THEM TAKING ON CHALLENGES*



Train your mind to see your child's games as opportunities for them to challenge themselves and build perseverance (or grit). During the game, notice once per half when they took on a challenge and kept working hard, even after making mistakes.

**ACTION:** After the game, enthusiastically share with your kid at least two specific moments from the game when they took on a challenge (i.e., tried something new or difficult, calling for the ball).

## 2. *CATCH THEM GROWING & IMPROVING*

Train your mind to see your kid's games as opportunities for growth and improvement. Notice at least once per half when they perform a new skill or show improvement in a technical, tactical, physical, or mental skill.

**ACTION:** After the game, enthusiastically share with your kid at least two specific moments from the game when your kid showed improvement (i.e., dribbling, defending, passing).



Remember, by focusing on your child's growth instead of outcomes (like starting or winning), you'll lower your stress and enjoy their games more. And who doesn't want more of that?!