



2 minute drill

for parents



monthly tips from Positive Coaching Alliance

Unconditional Support

Perhaps the biggest fear athletes have is making a mistake in a crucial situation that hurts their team. Standing by your children in this embarrassing situation is the most effective way of demonstrating that your love and support for them is unconditional.

It may be easy to say you love your children unconditionally – this is a chance to show it.

Here's what you can do: show them that the mistake is no big deal in the grand scheme of things by flashing a thumbs up, smiling, and saying, "That's okay, don't let it stop you. You'll get the next one." Use a Mistake Ritual if you or the coach has introduced one.

adapted from *Positive Sports Parenting* by Jim Thompson



To purchase this and other books by PCA Executive Director Jim Thompson, please visit:
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