

## Tools for Parents

The following ideas may be helpful for being a WACC supportive parent.

### ***Conversations before the games***

- Tell your child you love him/her regardless of the outcome.
- Tell him or her “Go for it, give it your best shot and have fun!”

### ***During the game***

- Cheer and acknowledge good plays by *both* teams.
- Have water or other drink available for your player at all times. Drinks are not allowed on the bench.

### ***After the game***

- Thank the officials for doing a difficult job.
- Thank the coaches for their efforts. Understand that after a difficult loss is not a good time to question a coach.
- Thank your opponents for a good game.
- Congratulate your child and his or her teammates for their efforts.
- Compliment individual players on good plays they made in the game.
- If you have any questions or concerns, after the game is the time to bring them up.

### ***During the car ride home***

- Point out a good play your child made during the game.
- Avoid criticizing or correcting mistakes.
- Ask open-ended questions about how the game was played rather than how many points were scored. Here are examples of open-ended questions that might apply:
  - Did you have fun?
  - Did you give it your best effort?
  - What did you learn from the game?
  - What was the best play you made and how did it feel?
  - Did you bounce back from your mistakes?