



# Idrottsskolan i Älmhult 2018/2019

## Rules for savvy parents

The rules for savvy parents provides some pointers that are good to keep in mind when the children start taking part in various activities and when the child gets a little older and enters competitions/matches.

- ◆ Be there during the activity – your child wants you to.
- ◆ Encourage all children during the activity – not just your son or daughter.
- ◆ Cheer them on both in success and in setbacks – do not criticise
- ◆ Respect the leaders way of leading the activity. Do not try to influence them
- ◆ Stimulate and encourage your children to take part – do not pressure them
- ◆ Ask if the activity was fun and exciting – not just about the result
- ◆ Make sure your child has proper and reasonable gear – do not exaggerate.
- ◆ Show respect for the work the association has put in. They need your help.
- ◆ View the referee as a guide – do not criticise his/her calls.
- ◆ Help your child deal with both victories and defeats
- ◆ Remember it is your child that takes part, not you.
- ◆ Remember that most important of all is that your child is enjoying itself and having fun together with friends.

THE SPORTS SCHOOL

FRITIDSAVDELNINGEN

Further information is available on [www.almhult.se](http://www.almhult.se)