

How can you improve parental involvement in your sport club?

Keeping

Your Child Safe
in Sport

Parents play a crucial role in their child's experience of sport. Children with parents who display appropriate and positive support are likely to gain greater enjoyment, develop quality relationships in sport, and reach their full potential. However, less than optimal parental support can negatively influence the child's involvement and outcomes.

Coaches can play an important role in encouraging positive parental involvement by:



For more helpful information, resources, podcasts and advice visit our website: the cpsu.org.uk

Understanding Parents

Supporting a child in sport can require huge time and financial demands. Parents may regularly find themselves in uncomfortable environments for hours, or may experience challenging emotions relating to their child's participation.

By better understanding parents' experiences, coaches can work to best support parents.



- engage in formal or informal conversations with parents to understand their needs and concerns
- host social events to facilitate supportive relationships between parents and coaches
- explore literature around parents' experiences in youth sport to prepare for questions and help alleviate stress

Supporting Parents

Working with parents is a necessary and fulfilling part of the coaching job. Parents rely on the support and guidance of coaches to help their child have the best experiences in sport. Stressors can cause challenges between parents and coaches.



- help parents better understand and support their child by providing regular information around their child's goals and progression
- make time to listen to parents' concerns and offer advice. Lessening the emotional strain parents' encounter reduces the likelihood of negative reactions towards children

Educating Parents

Parents may not know what their role and appropriate behaviours are at competitions and events. They rely on coaches to demonstrate how they should behave, particularly following losses or poor performances.

- develop rules and expectations regarding appropriate and helpful interactions
- make time for parents to get to know you and share their concerns
- encourage parents to ask their child about preferred parental behaviours at events