

Mindful Parenting in Sport

Mindfulness helps parents reflect and respond instead of reacting, which reduces performance pressure, and promotes positive experience for the children.

PAUSE & NOTICE:

Take a deep breath and reflect:

1. What's happening in me right now when I think about my child's sport?
(Emotions, expectations, pride, worry?)

2. Am I focused on their experience, or the outcome?

- Experience (fun, learning, growth)
- Outcome (winning, performance, comparison)

How can I shift my focus to the experience?

CONNECT, DON'T CORRECT:

Ask your child:

- What did you enjoy the most today?
- What felt most challenging today?
- How do you feel right now?

Then reflect:

How can I show support without judgment or fixing?
