

Parent Behavior at Tennis Competitions



Parents! Children love you watching them play tennis and your behavior at competitions makes a big difference in their experience. As a suggestion try the following practical tips.

- Take the time before, during, and after your child's practices and competitions to reflect on your parenting behaviors
- Ask your spouse or partner, or other parents to provide feedback on your behavior around competitions.

What Children Do Want From Parents



What Children Don't Want From Parents



Before Competition

- ✓ Helping athlete be physically prepared
- ✓ Attend to child's needs for mental preparation

- ✗ Comments focused on child's performance
- ✗ Communicating expectations about winning
- ✗ Tactical advice with no knowledge

During Competition

- ✓ Etiquette and compliance with guidelines
- ✓ Positive tone and body language
- ✓ Control over emotions
- ✓ Praising good performance
- ✓ Encouragement after poor execution

- ✗ Intimidation towards opponents
- ✗ Drawing attention towards themselves
- ✗ Criticizing/coaching child or team
- ✗ Disputes with officials, coaches, or parents
- ✗ Contradicting coach instructions
- ✗ Repeating instructions
- ✗ Booing opposing team

After Competition

- ✓ Positive feedback on effort and attitude
- ✓ Realistic feedback
- ✓ Give feedback when child is ready for it

- ✗ Criticism of performance
- ✗ Blaming outcomes on referee or others
- ✗ Focusing on negatives of performance