



2 minute drill

for parents



monthly tips from Positive Coaching Alliance

The Debrief

There was a family with seven children and the parents couldn't attend all of their kids' sporting events. When a child came home after a game, the father would ask:

"What was the most fun today?"

"What worked well?"

"What didn't work so well?"

Because the father hadn't seen the game, the spotlight was on the child telling the story the way he or she saw it.

It is more important for you to help your child process what happened in the game than for you to be a "back-seat coach." Asking questions and listening will cause your child to want to talk about the game. Giving advice, which often is taken as criticism, can cause a child to clam up.

adapted from *The Double-Goal Coach* by Jim Thompson



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