

- _____ 24. Do I treat my son or daughter the same the following wins and losses?
- _____ 25. Do I provide my son and daughter ample opportunity and resources to be successful in athletics?
- _____ 26. Do I allow my child some “say” in sport-related decisions?
- _____ 27. Do I attempt to keep my own interests in sport secondary to my son or daughter’s?
- _____ 28. Do I avoid getting caught up in sport and making it over-important?
- _____ 29. Do I consider my son or daughter first, and an athlete second?
- _____ 30. Do I avoid critiquing my son or daughter immediately following the game or during the car ride home?

TOTAL SCORE: _____

(135-150): Great job mom/dad! You are parenting your child in sport very effectively. Keep doing what you’re doing!

(120-134): You are very effective in parenting your child in sport. Find any items that you scored 3 or below and set a goal to improve.

(105-119): At times you are effective parenting your child in sport, and at the same time there are some behaviors that may be negatively influencing your child’s experience in sport. Review your ratings and then set a goal to improve scores below a 3.

(90-104): There is a good chance that you are negatively influencing your child’s experience. Review your ratings and then read the *MHSAA’s Parenting Book*. This will help you develop ideas for improving your child’s sport experience.

(89 and below): You are negatively influencing your child’s sport experience. It is important that you think about your child’s goals and why he or she is involved in athletics. Reflect on your perspective of sport and how it differs from a healthy perspective of developing the child and having fun. Please review the *MHSAA’s Parenting Book*, and set a goal every week to improve as a sport parent.

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