

## Guidelines for Parents of Children in Sports

---

On April 19, 2000, a letter that appeared in the *Dear Abby* column cited recommendations published by **The Physician and Sportsmedicine** in 1988.

1. Make sure your children know that--win or lose--you love them and are not disappointed with their performance.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize improved performance, not winning. Positively reinforce improved skills.
5. Don't relive your own athletic past through your child.
6. Provide a safe environment for training and competition. This includes proper training methods and use of equipment.
7. Control your own emotions at games and events. Don't yell at other players, coaches, or officials.
8. Be a cheerleader for your child and the other children on the team.
9. Respect your child's coaches. Communicate openly with them. If you disagree with their approach, discuss it with them.
10. Be a positive role model. Enjoy sports yourself. Set your own goals. Live a healthy lifestyle.

©**The Physician and Sportsmedicine** 1988. Permission to reprint is granted for nonprofit educational purposes. (Guidelines for parents of children in sports. *Phys Sportsmed* 1988; 16(4): 71)

---

For more information on exercise, prevention efforts, and management of common childhood injuries and illnesses, please refer to the following articles that are available on **The Physician and Sportsmedicine** Online.

[Exercise and Children's Health](#) Theodore Ganley, MD, with Carl Sherman  
[Primary Violence Prevention and the Psychosocial Assessment: Using a Brief Encounter to Change a Life](#)

Kenneth R. Ginsburg, MD, MS Ed

[Can School PE Make Fitter Kids?](#)

Lisa Schnirring

[Overuse Injuries in Children and Adolescents](#)

John P. DiFiori, MD

[Exercise-Induced Asthma](#)

Vincent J. Lacroix, MD

[The Female Athlete Triad: Causes, Diagnosis, and Treatment](#)

Angela D. Smith, MD

[Elbow Injuries in Young Baseball Players](#)

James A. Whiteside, MD; James R. Andrews, MD; Glenn S. Fleisig, PhD

[Osgood-Schlatter Disease: Practical Treatment for a Self-Limiting Condition](#)

Eric J. Wall, MD

[Osteochondritis Dissecans of the Knee](#)

Brian M. Ralston, MD; James S. Williams, MD; Bernard R. Bach, Jr, MD; Charles A. Bush-Joseph, MD; William D. Knopp, MD

---

## RESOURCE INDEX

[CLINIC DIRECTORY](#) | [FELLOWSHIPS DIRECTORY](#) | [SPORTS MEDICINE GROUPS](#) | [INDEX](#) | [PPE](#) | [CHILDREN IN SPORTS](#) | [SPORTS MEDICINE LINKS](#)

---

## SITE INDEX

[HOME](#) | [JOURNAL](#) | [PERSONAL HEALTH](#) | [RESOURCE CENTER](#) | [CME](#) | [ADVERTISER SERVICES](#) | [ABOUT US](#) | [SEARCH](#)

---

Copyright (C) 2002. The McGraw-Hill Companies. All Rights Reserved