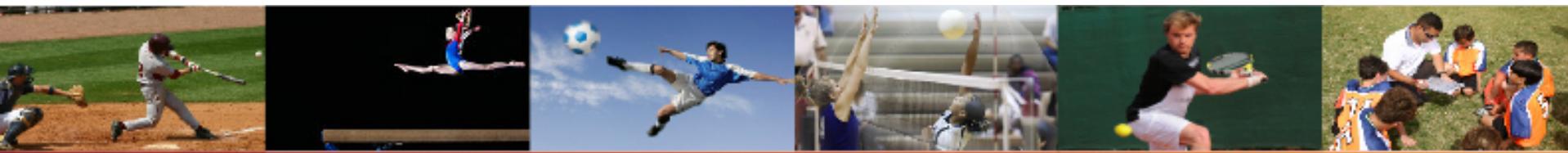


# Positive Parent Workout: “The Greatest Distraction”



GROWING CHAMPIONS FOR LIFE



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## Assignment for the Week:

The most humbling realization for you as a parent might be the admission that you are one of the distractions keeping your child from performing fearlessly. Children want to avoid disappointing their parents, and their concern over that causes many children to play carefully, rather than freely.

The more a child plays to avoid mistakes – as opposed to uninhibited natural play – the more mistakes she makes. Consequently, parents must be careful about their purpose in attending practices and competitions. What message are you sending to your child while watching her workout or compete?

Exercise: Some of your actions say “I am an EVALUATOR” and some of your actions say “I am a SUPPORTER.” Put an “E” next to the Evaluator actions and a “S” next to the Supporter actions.

1. Cheering from the stands: \_\_\_\_\_
2. Coaching from the stands: \_\_\_\_\_
3. Saying “If you had only done.....” \_\_\_\_\_
4. Saying “I enjoyed watching the game.” \_\_\_\_\_
5. Asking “What help do you need from me?” \_\_\_\_\_
6. Asking “What were you thinking out there?” \_\_\_\_\_

Answers: 1.S; 2.E; 3.E; 4.S; 5.S; 6.E;

## Before an Attempt:

The true purpose of a competition is to test one’s skills against a worthy opponent to see if all that practice is paying off. Your child needs the opportunity to put his athletic body on autopilot. His concentration and physical skills need to become one. Parents make that assignment more difficult when they are giving last minute instructions all the way to the batter’s box or the free throw line! To help your child perform consistently, avoid becoming one of the distractions. Your helpful comments must be delivered during the days and weeks before a competition to have their desired effect. Being quiet at a game sends a message of confidence to your child!

## After a Mistake:

Your children read your body language and they assume it tells the truth about how you’re really feeling. That’s why the first 5 seconds following an error is so critical. What does your body language say? “You’re letting me down”, OR “I believe in you even when things aren’t going well.” Which of the following would your child see from you if watching? Yes = Y; No = N; Sometimes = S;  
Rolling my eyes; \_\_\_\_\_  
Looking down at the ground; \_\_\_\_\_  
Shouting instructions or corrections; \_\_\_\_\_  
Clapping and giving an encouraging smile; \_\_\_\_\_  
Turning my body & eyes away to the side; \_\_\_\_\_  
Getting up and leaving the area; \_\_\_\_\_  
Yelling, “C’mon, get with it!” \_\_\_\_\_