



# The Role of the Parent in Sports

## Parent Self-Assessment Results

Match your score from the Parent Self-Assessment questionnaire to the results below.

### Score 40-50 Model Parent

Great job! You are a model parent. You are parenting your child in sports very effectively. It is still important to talk to your child to make sure you are not unaware of any negative actions.

### Score 30-39 Positive Parent

You are very effective in parenting your child in school sport. Set a goal to improve on the questions you answered 3 or below on. Talk to your child to make sure you are not unaware of any negative actions

### Score 20-29 Sometimes Positive Parent

At times you are effectively parenting your child in their sport, but there are some behaviors that may be negatively influencing your child's sport experience. Set a goal to improve on questions you answered below a 3. Talk to your child to learn more about where and when your actions might be negative or counterproductive.

### Score 10-19 Some Work to be Done

Unfortunately, there is a good chance that you are negatively influencing your child's sport experience. Set a goal to improve on questions you answered below a 3. Talk to your child to learn more about where and when your actions might be negative or counterproductive. Continue this course and think about how you can improve on these behaviors.

### Score 19 and below Time for a Change

Unfortunately, you are negatively influencing your child's sport experience. Try not to make excuses for lower scores, but think about what you could change to improve and still be yourself. Talk to your child to learn more about where and when your actions might be negative or counterproductive. It is important that you think about your child's goals and why he or she plays sports. Continue this course and think about how you can improve on these behaviors.