

A woman and two young boys are laughing joyfully in front of a soccer goal on a grassy field. The woman is in the center, with her arms around the boys. The boy on the right is holding a soccer ball. The background is a lush green forest.

NukuOra
An active Wellington region

GOV D SPORTS
WELLINGTON REGION

POWER UP PARENTS

Parents play a pivotal role in encouraging and supporting their children's participation, success and fun when playing sport.

Our aim as the Wellington Good Sports Collective is to promote positive parental behaviours and support the role of a sporting parent in helping tamariki reach their full potential.

Quality tips to support tamariki on and off the field!



Tamariki play sports for the fun of it and are more likely to continue playing when they enjoy it.



Let Me, Leave Me, Watch Me, Help Me is a great tool developed by Sport New Zealand for sport parents, coaches and supporters to use as a check-in with themselves to ensure we are all allowing tamariki to have the freedom, time and opportunities they need to continue a life-long love for physical activity.

REMEMBER

The 'best' sportsperson is the one out there having the most fun!



LET ME:

Give your tamariki time and an opportunity to play.

LEAVE ME:

Allow your tamariki to have fun, try new things and work things out for themselves.



HELP ME:

Provide support when your tamariki need.

WATCH ME:

Be there, be interested, and understand your child's why.



SOME EASY TIPS

#1 Encourage

Encouraging your tamariki and all players on the teams.

#2 Don't pressure.

Avoid putting pressure on winning or losing - remember tamariki want to have fun too.

#3 Be proud!

Be proud of what your tamariki achieves and make sure that you tell them that you're super proud of them.

#4 Be aware of your language.

Tamariki rely heavily on adult feedback...But make sure that it is positive.

#5 Support

Support your child throughout their long-term sporting development.

SOME EASY TIPS

#6 Provide praise.

Praise their progress and not their result. Praise the effort and hard work that your child puts into training and games.

#7 Respect the coach

Respect and support the coach. Remember it's important to role model this positive sideline behaviour for your tamariki.

#8 Listen to your child.

Listen to what your tamariki has to say. Respect their decisions.

#9 Develop autonomy.

Allow your tamariki to problem-solve and make their own decisions.

#10 Develop competency.

Help your tamariki to feel good about their athletic journey and the stage they are currently at.

SOME EASY TIPS

#11 Respect the officials

Don't be rude or disrespectful to the officials, respect what they do as a volunteer for the sport.

#12 Don't shout instructions.

Refrain from shouting at your child to educate them on how to play their game. Allow them the time, freedom, and opportunity to learn in their way.

#13 Control your emotions.

Learn to stay in control of your emotions. Remember it is your child's game.

#14 Show interest

Show interest in what your child does - they like to know you care.

#15 Be friendly.

Be friendly towards other parents on the sideline and get to know each other.

SOME EASY TIPS

#16 Be understanding.

By understanding the needs of your tamariki you will help to grow and develop their why!

#17 Teach life skills.

Important life skills can be learnt from playing sport.

#18 Stay positive.

Keep a positive attitude towards what your tamariki does.

#19 Learn from failure.

Help your tamariki to learn from mistakes.

#20 Have fun!

Empower, inspire, and motivate your tamariki to be the best that they can be.