



The Role of the Parent in Sports

Parent Self-Assessment

Answer the questions on scale 1 to 5. When finish, total your number values. You can see what type of parent you are by matching your total points to the Parent Self-Assessment Results document in the Resources of "The Role of the Parent in Sports."

	Not Like Me		Somewhat Like Me		Very Much Like Me
1. Do I emphasize the development of my child and having fun more than winning?	1	2	3	4	5
2. Do I avoid trying to coach my child when he or she has a coach?	1	2	3	4	5
3. Do I provide love and support regardless of the outcome of the game?	1	2	3	4	5
4. Do I emphasize the importance of hard work with my child?	1	2	3	4	5
5. Do I hold my child accountable for poor or unsportsmanlike behaviors during a game?	1	2	3	4	5
6. Do I avoid focusing the majority of our conversations at home on my child's sport?	1	2	3	4	5
7. Do I avoid considering my child's sport as an investment and that I should receive something in return?	1	2	3	4	5
8. Do I treat my child the same following wins and losses?	1	2	3	4	5
9. Do I avoid critiquing my child immediately following the game or during the car ride home?	1	2	3	4	5
10. Do I support all players on the team even when my son or daughter is not playing?	1	2	3	4	5

Total:





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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 9 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.