

SPORTS PARENT INFORMATION E-GUIDE

NukuOra **BALANCE IS BETTER**
An active Wellington region





SPORTS PARENT INFORMATION E-GUIDE

As Sports Parents, we are all doing our best to support our children in their sporting lives. Trying to find expert information on the best way to support them can be a challenging experience, so it is fantastic that Sport NZ have put together the Balance is Better website with lots of information for parents, coaches and sports administrators.

With this document, Nuku Ora has picked a number of resources from the website as well as resources from other websites which we feel will best support you on your sports parenting journey. The resources have been organised and split into sections so you are able to utilise the most relevant section to you as a parent at a particular time.

For more resources, visit <http://www.balanceisbetter.org.nz> and don't forget to sign up for their newsletter to receive updates and resources straight to your inbox.

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1. GENERAL TIPS

[5 questions parents should ask at the start of a season](#)

[10 golden rules for youth sport parents](#)

[The after match conversation](#)

[What makes an expert sports parent?](#)

[Mastering the art of sports parenting webinar](#)

[Setting our kids up for success and what it takes to be a Good Sports parent webinar](#)

[Athlete traps and parenting hacks webinar](#)



2. LOOKING AFTER THE HEALTH & WELLBEING OF YOUR CHILD

[A parents guide to child growth and development](#)

[Key ways parents can use sport to develop a growth mindset in their child](#)

[How to help athletes with failure](#)

[Coping with the 'cut': What parents can do to help?](#)

[Dealing with a perfectionist](#)

[Helping to build resilience](#)

[What parents and coaches need to know about early specialisation and overtraining](#)

[Drug Free Sport New Zealand - Keeping your child's sport clean – tips for parents and whānau](#)

[NZ Football Fit4Football website](#)

3. SPORTS NUTRITION FOR YOUR CHILD

[Nutrition 101 for adolescent athletes - what all parents and coaches should know](#)

[Nutrition 102 for adolescent athletes: the vitamins and minerals you should be concerned with](#)

[Nutrition for adolescent athletes who participate in endurance sports](#)

[Nutrition for adolescent athletes who participate in strength-based sports](#)

4. WORKING WITH COACHES

[Creating a positive parent culture: A guide for schools and clubs](#)

[Parents & Coaches Partnership Playbook](#)

[Athlete, parent and coach – building better relationships in youth sport webinar](#)

5. HELPING YOUR CHILD JUGGLE MULTIPLE COMMITMENTS AND THE POTENTIAL FOR OVERLOAD

[Time management for busy sports parents and their young athletes](#)

[Managing a crazy schedule](#)

[How much is too much when it comes to youth sport](#)

[A practical guide for monitoring athlete training and competition load](#)



6. SUPPORTING YOUNG FEMALE ATHLETES

[Balanced female health – a resource for adults supporting young people in community sport](#)

[Raising Sporty Daughters webinar](#)

[Parenting teen girls – inside the world of expectation webinar](#)

[Sports Bra Playbook](#)

[Does my Sport Bra fit?](#)

[Supporting girls in the game](#)

[The Netball NZ Smart Health handbook](#)

[England Netball - Netball her](#)

7. SAFEGUARDING YOUR CHILD

[Sport NZ - Child safeguarding bite-sized learning series](#)

[NZ Rugby – Safe Clubs, Safe Kids](#)

[NZ Football – Safeguarding children](#)

8. SUPPORTING YOUNG ATHLETES WITH IMPAIRMENTS

[Parenting the next Sophie Pascoe or Liam Malone](#)

[Parent guide to inclusion](#)

[Parenting a Child With an Intellectual Disability](#)

[Physical activity for children and teenagers with disability](#)



8. OTHER RESOURCES

[Parents in sport podcast](#)

[Changing the Game \(American youth sports website\)](#)

[I Love to watch you play \(American sports parents website\)](#)

[inCourage: https://www.incourage.com/hubs/parents/](https://www.incourage.com/hubs/parents/)

[The United States Olympic & Paralympic Committee – Quality Parenting Framework](#)

This document is endorsed by

**WELLINGTON
ADVISORY
GROUP**
BALANCE IS BETTER

NukuOra **BALANCE IS BETTER**
An active Wellington region

The logo features the text 'Nuku Ora' in a bold, white, sans-serif font. The letter 'O' in 'Ora' is replaced by a circular graphic consisting of several concentric white lines. Below the main text, the tagline 'An active Wellington region' is written in a smaller, white, sans-serif font. The entire logo is centered on a bright yellow background that is decorated with a pattern of white, hand-drawn-style circular lines of varying radii and thicknesses, some of which are incomplete or broken.

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