# SPORTS PARENT INFORMATION E-GUIDE



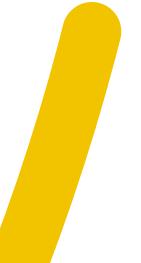


### SPORTS PARENT INFORMATION E-GUIDE

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 <a href="http://www.balanceisbetter.org.nz">http://www.balanceisbetter.org.nz</a> 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 resillience

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 <u>sports</u>





#### 4. WORKING WITH COACHES

<u>Creating a positive parent culture: A guide for schools and clubs</u>

Parents & Coaches Partnership Playbook

<u>Athlete, parent and coach – building better relationships in youth sport</u> 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

<u>Balanced female health – a resource for adults supporting young</u> people in community sport

Raising Sporty Daughters webinar

<u>Parenting teen girls – inside the world of expectation webinar</u>

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 quide 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)

Love to watch you play (American sports parents website)

inCourage: https://www.incourage.com/hubs/parents/\_

The United States Olympic & Paralympic Committee – Quality Parenting Framework

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