

Creating a Supportive Environment

Parents—when talking with children and adolescents about practice and games ask the following types of questions rather than whether they won or lost:

- Did they have fun?
- How did they improve?
- What did they learn today?
- How did they play?

The answer to the last question should not be “We lost” or “We won” but rather about how **THEY** personally played. What were the good things that happened? What can they improve upon next time or in practice?

Remember, winning is out of their control and their self-worth should **NOT** be attached to whether they win or lose.