

# Performance Lifestyle:

## Top Tips for Parents

*How to help young swimmers develop and be successful in and out of the pool.*

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**1. Be encouraging, supportive and enthusiastic**

**2. Be a good role model – to your child, other young swimmers and other parents**

**3. Allow the coaches to coach – don't try to be too many people**

**4. Avoid focusing on winning and let them know how proud you are regardless of outcomes**

**5. Encourage independence and personal responsibility by allowing them problem solve and make their own decisions**



**6. Listen and be patient and impartial when giving advice**

**7. Support and respect your child's ambitions in sport (remember that it's their experience – not yours!)**

**8. Focus on development of the whole person through a range of experiences, both inside and outside of swimming**

**9. Work together with the coach and support staff to provide a positive environment for your child to thrive**

**10. Allow your child to be themselves and have fun!**

