



To Push or Not to Push A Parent's Dilemma

With David Benzel,
America's Sport Family Coach



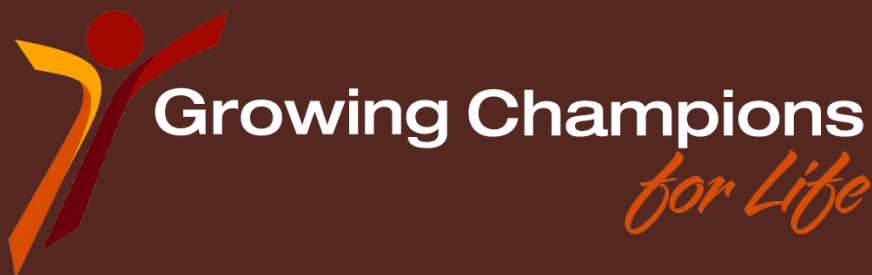
Today's Objectives:

- To describe the by-products of parental push;
- To distinguish between toxic Pressurized Push and true Optimal Push.
- To discover the most effective long-term strategies for your child based on his or her appetite.



The Fundamentals

- The opinion that matters most to your children is what they *think* you think of them.
- Unconditional love and a standard of excellence must be taught in concert. The first is unearned and the second is earned.



What is the Purpose of Parenting?

Why do we exist?

To protect our children from harm?

To make our kids champions?

To insure they are marketable in the workplace?

To make them loveable so they'll attract a mate?

What is the Purpose of Parenting?

Why do we exist?

To serve our highest purpose...

Raise children who can:

1. Lead independent lives;
2. Maintain loving relationships;
3. Enjoy a sense of competence;

“The Price of Privilege” by Madeline Levine

Nine Negative Parent Behaviors

- Exhibit an outcome orientation
- Are critical, negative and overbearing
- Apply pressure to win or perform
- Make sport too serious
- Are over-involved and controlling
- Compare child to other athletes
- Distract child during competitions
- Restrict player's social life
- Too much sport talk



Top Consequences of Negative Interactions between Parents & Players

- Increased pressure on child
- Development of athlete inhibited
- Lack of motivation to perform
- Distracted during practice
- *Deterioration of parent-child relationship; fun and closeness are replaced with guilt and resentment.*

What does Andre' Agassi's story say to you?

The Four Styles of Parenting



“Who Do You Think You Are?”



“Who Do You Think You Are?”

Here’s what I’m going to do TO you

“How good do you want to be at this?”

or Performance

TIGER Message

“You are how you perform... and therefore a project”

HERO Message

“You are a beautiful creation... and therefore valuable and full of potential.”

SUPPLIER Message

“You are a circumstance... and therefore a problem.”

HELICOPTER Message

“You are what of you are and therefore being hurt.”

Good luck, you’re on your own.

Here’s what I’m going to do FOR you.

Low

High

Concern for Self-esteem

The Trouble with Expectations

Parental Expectations

"You shouldn't get a bad grade."

"You should learn your kip by June."

"You should be Level 6 next season."

Child's Interpretation

"If I get a bad grade I must be stupid."

"If I don't learn it by June I'm really a loser."

"If I'm not Level 6 by next season I must lack talent."

A Better Message

Study hard to learn new materials.

Practice your skills consistently to make progress.

Do the necessary work move up a level regardless of how long it takes.

What is Your *Sport Parent Approach*?

Is your child Pressured, Supported, or Optimized?



Optimized Push only works when done right.
The long-term outcome is very different from Pressured Push.

Two Styles of “Push” by Parents

“I am not sure you can get a great player without at least one crazy pushy parent.”

- Sport parent

Pressured

Control used by parent

Nagging about effort or time

Conflicts over strategies

Critical of child’s performance

= 's Lower Trust

Optimized

Choices given to athlete

Challenged to reach goals

Collaboration on decisions

Support for child’s vision

= 's Higher Trust



The Middle Option - To Support Without Pressuring or Pushing

Supported

- Provide opportunities, transportation, & equipment;
- Listen to concerns & triumphs without evaluating or comparing;
- Encourage effort & progress more than talents and gifts;
- Enjoy performances by attending and cheering, but not over-analyzing.

= 's Acceptance



My Personal Commitment Worksheet

Choose the course of action most appropriate for your child and plan your strategy for creating the most positive environment to match that choice.

Optimal Support OR Optimal Push

What opportunities could you provide that fit your child's interests and gifts?

In what situations could you listen more and evaluate less?

What words of encouragement could you give regardless of the performance delivered?

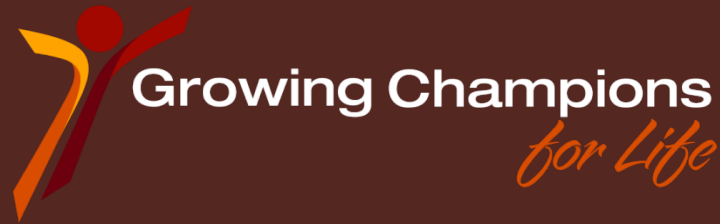
How could you show your child that you enjoy watching him or her, win or lose?

What choices could you offer to your child that would give him/her a sense of control over training issues?

In what way could you encourage your child's goal setting so as to inspire him/her to stretch to new levels?

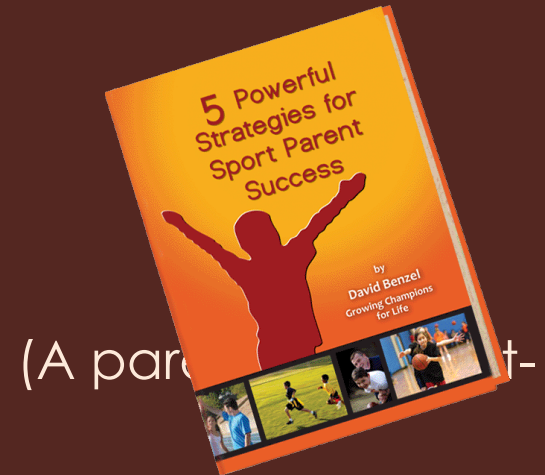
What discussions need to take place so your child feels involved in decision making about competition strategy?

In what situations do you need to show your complete confidence in his/her overall success story as a person?

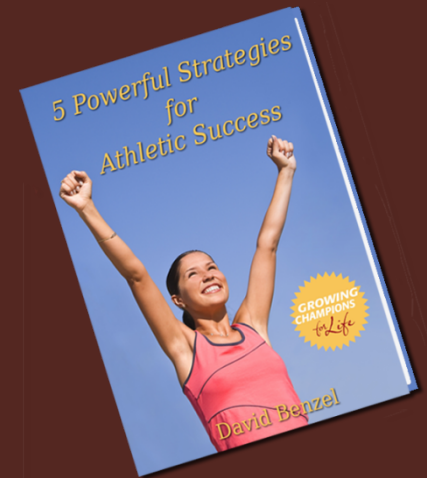


✓
“Five Powerful Strategies for Sport Parent Success”

size guide for \$4.99)



✓
“5 Powerful Strategies for Athletic Success” (A young athlete’s pocket-size guide for \$4.99)



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