

## **Positive Sport Parenting: Parent Self-Assessment**

Answer the questions on a scale 1 to 5. When finished, total your number values. Match your total points to the Parent Self-Assessment Results.

	Not Like Me	Somewhat Like Me			Very Much Like Me	
Do I emphasize the development of my child and having fun more than winning?	1	2	3	4	5	
2. Do I avoid trying to coach my child when he or she has a coach?	1	2	3	4	5	
3. Do I provide love and support regardless of the outcome of the game?	1	2	3	4	5	
4. Do I emphasize the importance of hard work with my child?	1	2	3	4	5	
5. Do I hold my child accountable for poor or unsportsmanlike behaviors during a game?	1	2	3	4	5	
6. Do I avoid focusing the majority of our conversations at home on my child's sport?	1	2	3	4	5	
7. Do I avoid considering my child's sports as an investment and that I should receive something in return?	1	2	3	4	5	
8. Do I treat my child the same following wins and losses?	1	2	3	4	5	
9. Do I avoid critiquing my child immediately following the game or during the car ride home?	1	2	3	4	5	
10. Do I support all players on the team even when my son or daughter is not playing?	1	2	3	4	5	
Total:						