



## PARENT SELF-ASSESSMENT

Answer each question using the 1 to 5 scale below. When you finish, add up your number values to see which type of sport parent you are. Your cumulative scores will match up with the Parent Self-Assessment Results on the following page.

	Not Like Me		Somewhat Like Me		Very Much Like Me
1. 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 s/he already 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 behavior 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 sport as an investment where I should receive something in return?	1	2	3	4	5
8. Do I treat my child the same after both a win and a loss?	1	2	3	4	5
9. Do I avoid critiquing my child immediately following a game?	1	2	3	4	5
10. Do I support all players on the team even when my son or daughter isn't playing?	1	2	3	4	5

**Total:**



## Parent Self-Assessment Results

Match your score from the Parent Self-Assessment to the results below.

### **40-50: Model Parent**

Great job! You are a model parent. You are parenting your child in sports very effectively. It is still important to talk to your child to make sure you are not unaware of any negative actions.

### **30-39: Positive Parent**

You are very effective in parenting your child in school sport. Set a goal to improve on the questions you answered 3 or below on. Talk to your child to make sure you are not unaware of any negative actions

### **20-29: Sometimes Positive Parent**

At times you are effectively parenting your child in their sport, but there are some behaviors that may be negatively influencing your child's sport experience. Set a goal to improve on questions you answered below a 3. Talk to your child to learn more about where and when your actions might be negative or counterproductive.

### **10-19: Some Work to be Done**

Unfortunately, there is a good chance that you are negatively influencing your child's sport experience. Set a goal to improve on questions you answered below a 3. Talk to your child to learn more about where and when your actions might be negative or counterproductive. Continue this course and think about how you can improve on these behaviors.

### **9 and below: Time for a Change**

Unfortunately, you are negatively influencing your child's sport experience. Try not to make excuses for lower scores but rather think about what you could change to improve and still be yourself. Talk to your child to learn more about where and when your actions might be negative or counterproductive. It is important that you think about your child's goals and why he or she plays sports. Continue this course and think about how you can improve on these behaviors.

