

**ALLOW YOUR CHILD  
TO FOLLOW  
HIS/HER  
INTERESTS.**

**PREVENT  
BURNOUT BY  
KEEPING OPEN  
COMMUNICATION  
WITH YOUR  
CHILD.**

**ENCOURAGE YOUR  
CHILD TO  
"STICK WITH IT".**

**SET A GOOD  
EXAMPLE OF  
SPORTSMANSHIP  
FROM THE  
SIDELINES.**

**STAY POSITIVE.  
DON'T BE TOO HARD  
ON YOUR CHILD IF  
THEY LOSE A GAME  
OR MESS UP AT A  
RECITAL.**

**FOCUS ON  
THE EFFORT.  
NOT ON  
THE OUTCOME.**



**Tools for the Journey**

6 Ways to be Your Child's Cheerleader