

# Tools for the Journey:

# Prepare Your Child For Team Sports



Encourage your children to practice so they can improve and build confidence.



Help them set goals and a routine to achieve them.

Encourage them to stick to it. Don't let them quit after one bad game or play.

Remind your son or daughter to not worry about their competitors.

Practice their sport as a family.



Encourage your child to make friends on the team. Everything is more fun when you love your team.

Help your child identify their fears. Then come up with a plan together to overcome those.



National Center for Fathering  
Engaging Fathers. Enriching Lives.™