

KEEP THE JOY *in the game*

Sports should build confidence, not become another source of stress in families' busy lives.

FOR PARENTS

Remember why your child started playing.

Ask yourself:

- Am I chasing my child's dream - or mine?
- Does my child still enjoy this sport?
- Are we leaving room for family, school and rest?

BURNOUT HAPPENS

It can happen to athletes **AND** to parents.
It's okay to step back.

Warning signs may include:

- Every weekend is booked
- Family dinners disappear
- Sports create more arguments than memories
- You're constantly exhausted
- You feel guilty saying "No"



Talk to your athlete

Encourage honest sit downs with your athlete:

- What do you love most about playing?
- If no one was watching, would you still want to play?
- Are you having fun?
- Do you feel too busy?

PROTECT YOUR BALANCE

Schedule Down Time - Keep one evening each week sports-free.

Share the Load - Share rides, volunteer roles and sideline duties.

Eat Together - Plan one family meal together each day.

Take Care of Yourself, Too - Preserve time for yourself and protect your sleep.

It's Okay to Say No - Not every opportunity deserves a "yes."

NOT SURE WHERE TO START?

Help them own their choices.

- Listen more than you talk
- Share your observations
- Support their decisions - even if they change their mind
- Remind them they are more than an athlete.

