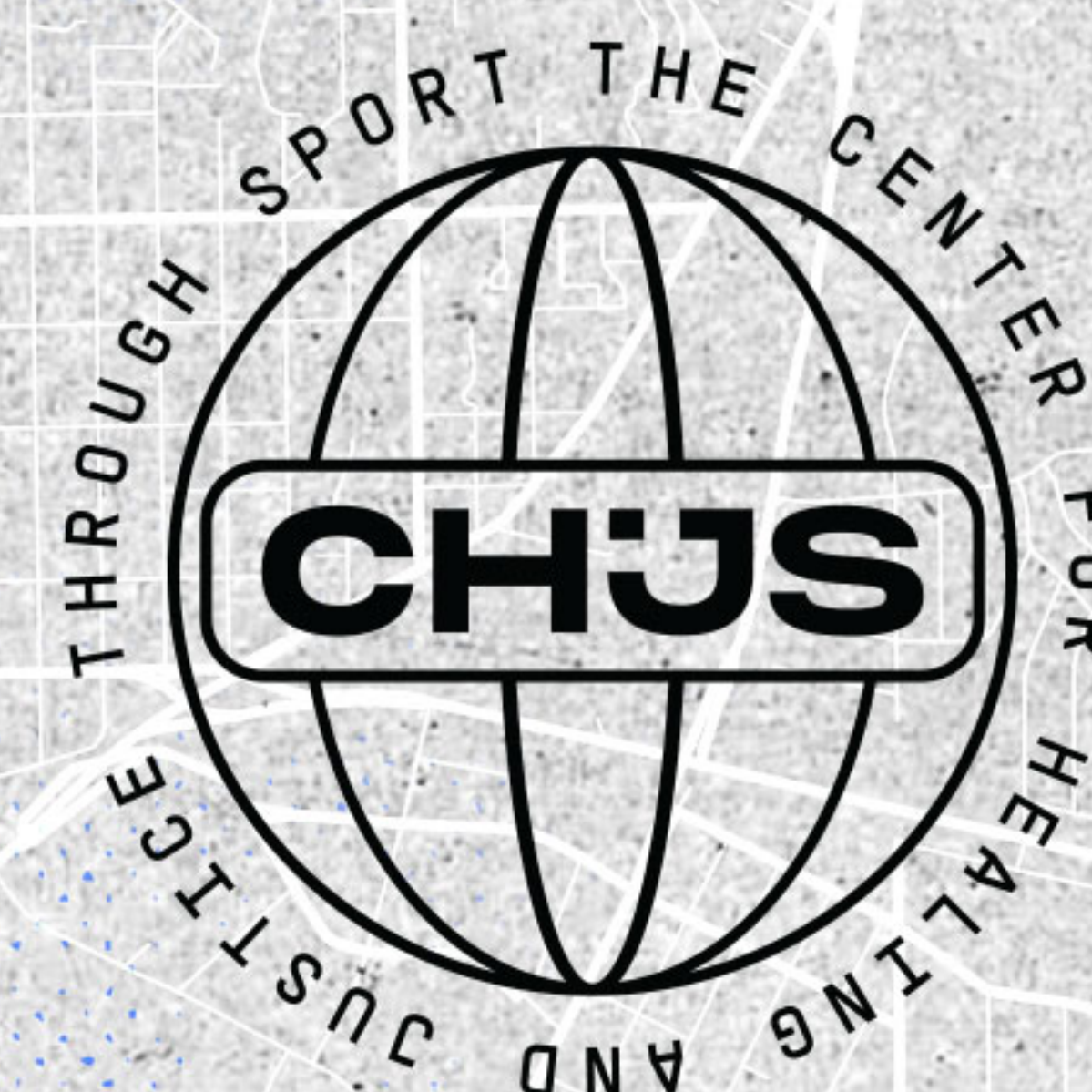




P A R E N T I N G

GIRLS IN SPORTS



TIP 1

TEAM CULTURE THAT WORKS FOR GIRLS

ADULTS HAVE TO USE INCLUSIVE LANGUAGE (DON'T SAY 'GUYS!'), PROVIDE INCLUSIVE EQUIPMENT, AND THINK MORE INTENTIONALLY ON HOW TO INCLUDE GIRLS IN THE SPORTS PROGRAM. ARE THERE FEMALE COACHES ON STAFF?

TIP 2

PRIORITIZE CONNECTIONS

A HEALTHY RELATIONSHIP WITH A CARING ADULT, LIKE A COACH, CAN MAKE A GIRL FEEL LIKE THEY BELONG IN SPORTS AND HELP FUEL HER POSITIVE DEVELOPMENT. LOOK FOR THE COACHES WHO GREET EACH KID, ASK HOW THEY'RE DOING, AND ASK YOUR DAUGHTER IF THEY'RE HAVING FUN!

TIP 3

LET GIRLS COMPETE

YES, GIRLS PRIORITIZE RELATIONSHIPS IN SPORTS BUT THAT DOESN'T MEAN GIRLS DON'T WANT TO COMPETE! ACTUALLY, GIRLS ARE MOST MOTIVATED BY COACHES WHO CAN DO BOTH - CREATE MEANINGFUL RELATIONSHIPS AND CHALLENGE THEM TO IMPROVE AND COMPETE.

TIP 4

PROGRESS OVER OUTCOME

GIRLS WANT FEEDBACK THAT IS RELEVANT TO THEIR DEVELOPMENT AND NOT ONLY BASED ON THE TEAM'S WIN-LOSS RECORD. IT'S OUR JOB AS PARENTS TO MAKE SURE THEY SEE THEIR PROGRESS AND UNDERGO THE TRANSFORMATION FROM FEELING LIKE THEY "CAN'T" AND START BELIEVING THAT THEY "CAN."

TIP 5

BE BRAVE, NOT PERFECT

GIRLS HAVE TO FEEL SAFE TO TAKE RISKS, KNOWING THAT THEY WON'T BE JUDGED AND THAT THE COURAGE THEY USE TO TAKE A RISK WILL BE REWARDED. PARENTS DO THIS BY SETTING EXPECTATIONS, GIVING THEIR POSITIVE ATTENTION TO, AND CELEBRATING GIRLS WHO TRY NEW THINGS EVEN MORE THAN THOSE WHO PERFORM SKILLS WELL.