

Responsible Sport Parenting: Game Day Tips

Here are some helpful Game Day Tips:

■ BEFORE THE GAME

- Tell your children you are proud of them regardless of how well they play.
- Tell them to play hard and have fun and remind them that “nervous is normal.”
- Commit to Honoring the Game no matter what others do.

■ DURING THE GAME

- Let the coaches coach. Avoid instructing your child (or other players).
- Fill your child’s (and teammates’) Emotional Tanks.
- Cheer good plays and good efforts by both teams.

■ AFTER THE GAME

- Thank the officials for doing a difficult job.
- Thank the coaches for their effort.
- Remind your child that you are proud of him or her – especially if the game didn’t go well!



For more valuable Responsible Parenting resources and information on how to earn a \$2,500 Community Grant or Responsible Coaching Award, visit Liberty Mutual’s Responsible Sports™ program at [ResponsibleSports.com](https://www.responsiblesports.com).