

Being a Sport Parent: Helpful Resources

- Hopefully the information provided on our site has helped you to understand some of the benefits and challenges of being a sport parent. If you would like to know more please check out some of the links below:
- Positive sports parents: A video with messages for parents of young athletes:<https://thecpsu.org.uk/resource-library/2016/parents-in-sport-videos-for-parents/>
- Positive sports parents: Supporting talented young athletes:
<https://thecpsu.org.uk/resource-library/2016/parents-in-sport-videos-for-parents-of-talented-athletes/>
- An article examining the support required from parents and demands experienced by parents written by Camilla knight:
<https://theconversation.com/how-you-can-help-your-child-enjoy-sport-and-win-gold-medals-63607>
- Reflections on parental involvement in sports from Active for Life:
<http://activeforlife.com/camilla-knight-parents-and-sport/>
- A sport parents guide produced by Utah State Families in Sport Lab:
http://www.usufamiliesinsportlab.com/uploads/2/3/5/3/23535918/parent_guide_fall_2014.pdf

If you have any problems accessing these or would like any further information please feel free to contact us at info@sportparent.eu.



Being a Sport Parent: Research

Recognising how important it is to understand the experiences of parents in sport, there are a few researchers around the world who have spent time looking at this. Below are links to a few research papers that have explored the experience of being a sport parent.

- Burgess N. et al. (2016) Parental stress and coping in elite youth gymnastics. *Qualitative Research in Sport, Exercise, and Health*, *8*, 237-256.
https://www.researchgate.net/publication/289532609_Parental_Stress_and_Coping_in_Elite_Youth_Gymnastics_An_Interpretive_Phenomenological_Analysis
- Clarke, N. J. & Harwood, C. G. (2014). Parenting experiences in elite youth football: A phenomenological study. *Psychology of Sport and Exercise*, *15*, 528-537.
https://www.researchgate.net/publication/262691583_Parenting_Experiences_in_Elite_Youth_Football_A_Phenomenological_Study
- Harwood C. G., & Knight, C. J. (2009). Stress in youth sport: A developmental investigation of tennis parents. *Psychology of Sport and Exercise*, *10*, 447-456.
https://www.researchgate.net/publication/238295828_Stress_in_youth_sport_A_developmental_investigation_of_tennis_parents
- Harwood, C. G., & Knight, C. J. (2009). Understanding parental stressors: An investigation of British tennis parents. *Journal of Sports Sciences*, *27*, 339-351.
https://www.researchgate.net/publication/23975299_Understanding_parental_stressors_A_n_investigation_of_British_tennis-parents
- Knight C. J. et al., (2016). Influences on parental involvement in sport. *Sport, Exercise, and Performance Psychology*, *5*, 161-178
https://www.researchgate.net/publication/289535450_Influences_on_parental_involvement_in_youth_sport

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