

## What challenges might I encounter when my child is involved in sport?

Through their involvement in sport children can gain a range of positive physical, psychological, and social benefits. To gain these benefits, children are often reliant upon the support and encouragement of their parents/guardians. However, providing this support and encouragement is not always easy. Being aware of the challenges that you might face as a parent can help you to anticipate and plan for issues making them easier to manage and perhaps removing them entirely. Below we detail the key issues or challenges that parents can face when children are involved in sport, particularly at the highest levels.

Competitive Challenges	Organisational Challenges	Developmental Challenges
<ol style="list-style-type: none"> <li>1. Watching your child compete, especially if they are disappointed or underperforming.</li> <li>2. Managing your own emotions when watching</li> <li>3. Talking to your child after matches, particularly after losses.</li> <li>4. Interacting with coaches and parents at competitions</li> <li>5. Helping your child physically and mentally prepare for competitions</li> </ol>	<ol style="list-style-type: none"> <li>1. Time spent travelling to training and competitions, which can impact on your family, work, or social life</li> <li>2. The cost of kit, coaching, and competitions and the consequences on family finances</li> <li>3. Communication and relationships with coaches and sports organisations</li> <li>4. Managing injuries, selection, and other bumps in the road</li> </ol>	<ol style="list-style-type: none"> <li>1. Balancing educational, social, and sport commitments</li> <li>2. Making decisions regarding your child attending academies, leaving school etc</li> <li>3. Making decisions regarding your child's future in sport</li> <li>4. Worries about long-term health and injuries</li> <li>5. Understanding how your child's sporting journey changes over time</li> </ol>

Based on:

Harwood, C., & Knight, C. J. (2009). Stress in youth sport: A developmental investigation of tennis parents. *Psychology of Sport and Exercise*, 10, 447-456.  
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