

Your child is talented? Six pieces of advice to target your support

Supporting a child who has been labeled as talented is not easy. Below we provide six evidence based pieces of advice to help maximise the support you provide to your child.

What to do	Why?
Train a lot - but keep it fun	Although deliberate practice is important, this need not exclude fun. There is no rule saying “the more serious the better!”
Promote play	Self-initiated and self-organised play activities provide a motivational foundation and teach creativity.
Promote observational learning	Role models are important. Young talented athletes learn a lot from observing older athletes.
Insist on youth friendly formats	Age appropriate training also involves youth friendly formats and equipment that allow athletes to train their technique and not only physique. Challenge the coach.
Let your kid fail	One of the most important psychological skills in elite sport is the ability to handle adversity. To learn this skill your child needs to fail. Allow bumps in the road and <i>then</i> provide support
Take a broad interest (beyond the sport)	Children are much more than athletes. Talk to them about their sport but also about other parts of life. Show them you respect and love them irrespective of their results.