

## PARENT'S PRE-SEASON CHECKLIST

NAME \_\_\_\_\_ SPORT \_\_\_\_\_  
DATE \_\_\_\_\_

Reflect on why you want your child to play this particular sport this season. Put a  $\checkmark$  next to the 3 most important reasons. Then, rank those 3 reasons 1, 2, 3 putting a 1 next to your most important reason, a 2 next to the 2<sup>nd</sup> most important reason, and so on. Compare your choices with your child's and with your spouse / partner's. Discuss openly, and with respect and curiosity, any differences that come up.

- \_\_\_\_\_ I want my child to have a team experience
- \_\_\_\_\_ I want my child to be with their friends
- \_\_\_\_\_ I want my child to make new friends through the sport
- \_\_\_\_\_ I want my child to improve their skills
- \_\_\_\_\_ I want my child to learn new skills
- \_\_\_\_\_ I want my child to have fun
- \_\_\_\_\_ I want my child to have excitement
- \_\_\_\_\_ I want my child to get some exercise
- \_\_\_\_\_ I want my child to get in shape
- \_\_\_\_\_ I want my child to compete against others
- \_\_\_\_\_ I want my child to be challenged
- \_\_\_\_\_ I want my child to learn to deal with losing
- \_\_\_\_\_ I want my child to win
- \_\_\_\_\_ I want my child to develop self-confidence
- \_\_\_\_\_ I want my child to become a champion
- \_\_\_\_\_ I want my child to be popular

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**Figure 8.** Parent checklist to be filled out before the child plays a sport. Answers are compared with the child's checklist. Differences are then discussed.