



always

# HOW TO #KEEPHERPLAYING

## 4 TOP TIPS FOR PARENTS

Did you know that more than half of girls experience a sharp drop in confidence during puberty? And did you know this is the same time 50% of girls drop out of sports?

Millions of girls quit sports at puberty, in part because society doesn't see the long-term value of their participation. However, sports help her develop the confidence and skills she needs to do whatever she's passionate about. Improved leadership, teamwork, resilience, and better grades are some of the many benefits of playing sports.

Participation is especially important now when more than 1 in 3 young people feel less confident because they've missed after school activities—like sports—since the pandemic.

***As parents and caregivers, you play a critical role in encouraging her to play sports and sticking with it even when the going gets tough***

### 1. BRING YOUR SUPPORT

Invite your daughter's friends and family to her games, even if you're cheering virtually this year! Seeing a crowd of familiar faces in the stands, or knowing they're watching the live stream, will help encourage the girl in your life to continue to play sports.

*Example: Show your support (even if you're viewing online!) by creating team signs, wearing team colors, and celebrating every game, win or lose, through words of encouragement and positive affirmations.*

### 2. BE HER CHAMPION, NOT HER COACH

Sometimes we want to review all the ups and downs of the game as a way of "helping" girls improve, but parents who become the "car ride home coach" can diminish her confidence and leave her with a negative sports experience by creating additional pressure. It's better to SUPPORT, not INSTRUCT, so rather than always giving pointers, focus on asking her questions about her experience and what she got from it.

*Example: Take some time to talk about how she feels after a game. Instead of focusing on what may have gone wrong, point out the good things she did and how she can learn from any mistakes. Remind her that we can learn from all the experiences.*

### 3. LET HER EXPLORE

It may take longer for her to know what she loves to play. Giving her the chance to explore other sports not only shows your support, but also allows her to find her true passion.

*Example: During her off season, suggest she joins a new team, position, or sport. Consider watching new sports together or introducing her to people who play other sports, so she learns what else is out there.*

### 4. ENCOURAGE HER TO SET HER OWN GOALS

Make sure she wants to compete for herself and no one else. You can challenge your daughter to grow in her preferred sport, but you should avoid pressuring her with unrealistic expectations or comparing her to someone else.

*Example: Let her define what "success" looks like for her—whether that's how many games she wins, how she plays, how she feels after each game, or how much fun she's having. Once she defines success, you can help her build relevant personal goals so she can see her own progress!*

***Together, we can help  
#KeepHerPlaying!***