



Child Protection in Sport Unit

Why parents are great for sport

Why parents are important

Parents are important to sport because they can:

- encourage their children to take up, enjoy and achieve in their sport
- support their children in practical ways – such as by providing transport or buying kit
- help out with activities
- become coaches, helpers and volunteers within the club
- help out with things such as club websites and fundraising
- support and motivate their child and/or the team
- reinforce positive aspects of sports participation

Helping children reach their full potential

To continue to ensure a child reaches their full potential and enjoys their time playing sport, parents need to consider:

- what do they want their child to get out of sport? Is it the same as what their child wants?
- do they understand what their child is trying to achieve and what support they need to achieve it?
- are they being the best role model they can be to help their child enjoy their sporting experience?
- are they focused on their child's development and enjoyment?

One young person said:

“My dad’s the best role model I could ask for. He was always on the touchline giving me great support and always encouraging me on – really good, really positive. He’s just an inspiration for me.”