

Coaching Your Own Child

Coaching your own child can offer some of life's greatest moments, though it requires a delicate balance between coaching and parenting. Make it clear to your child when you are in "Coach Mode". Be sensitive to favoring or penalizing your child. Allow your assistant coaches to work with your child; that will benefit your child and provide a less stressful situation between yourself and your child.

Serving as both coach and parent, gives you even greater than usual influence on your child's emotional tank! Emphasize that you love your child, regardless of on-field performance.

When your child starts playing sports, you need to communicate to your son or daughter when you're in the coaching mode. You can say, "I am putting on my Coach hat on now, where I need to give equal attention to everyone". When coaching your older children, leave your coaching mode at the field, so your children don't feel they are being coached by you 24/7.

Coaching your own child should be one of the best times in your life for both you and your child!

