

BE A GREAT HOCKEY PARENT

There are many ways how parents can support and promote their child's involvement in ice hockey, but unfortunately, there are also many ways for parents to make the ice hockey experience less enjoyable for their child/children.

CREATING POSITIVE ICE HOCKEY EXPERIENCES:

- Emphasize the enjoyment of practice and competition – no emphasis on winning
- Let your children decide which sport they want to play
- Allow the child to play at the level they are comfortable at (recreational or more competitive)
- Support and cheer for the child's effort – not criticizing mistakes
- Cheer and acknowledge good plays by both teams – not yelling at the children, referees or coaches
- Leave the coaching and officiating to the coaches and referees
- Focus on positive play
- Encourage children to play by the rules and to respect the decisions made by the officials and coaches

HOW TO BEST SUPPORT YOUR CHILD'S ICE HOCKEY EXPERIENCE AND COMPETITION PARTICIPATION:

Support and comfort your child	<ul style="list-style-type: none">- Tell your child that you love him or her- A parents love is unconditional, it does not depend on winning or being the best player
Show and tell your child that you are proud of him or her	<ul style="list-style-type: none">- Reduce their worries that you are not proud of them- Children fear that they are disappointing their parents if they lose a game or do not perform well
Find something good about the sport experience	<ul style="list-style-type: none">- Even if the performance of your child wasn't that great, find something good about the event together with your child
Enquire whether the experience was enjoyable	<ul style="list-style-type: none">- Children participate in sport mainly for the enjoyment- If they enjoyed it, they had a great time
Enquire about the teammates	<ul style="list-style-type: none">- This will make your child understand that a team sport requires everyone involved and the efforts of each team member to succeed

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Help your child to evaluate the experience	– Enquire as to what the child has learned during the competition or training
Plans for the next competition or training session	– Actively thinking of what the child can do better at the next competition helps them to overcome a negative experience and will set their mind on development and improvement

AS AN ICE HOCKEY PARENT, TRY TO AVOID PUTTING EMPHASIS ON THE FOLLOWING TOPICS WHEN TALKING TO YOUR CHILD AFTER A COMPETITION OR TRAINING SESSION:

- Emphasize winning
- Emphasize scoring
- Emphasis on making mistakes and poor decisions
- Judge their plays
- False praise
- Comparing your child's ability with the ability of other children
- Neglecting the importance the game or training has for your child

COMPETITION SUPPORT AND CHEERING:

	
Cheer positively	Confuses children
Cheer for everyone	Ridicule or yell at a child
Respect decisions by officials	Violence and hostility
Let the coach do the coaching	Focus on winning or losing
Focus on effort and performance	Verbal and physical abuse
Respect the rights of everyone involved	Disrespect

Following the recommendations on this page will help you to promote and create positive ice hockey experiences for your child/children.