

*“Parenting My Champion: Getting Started”*

PARENT BEHAVIOR CHECKLIST

Rate on a 1 to 5 scale the questions below relative to your parenting of your child in tennis. Think about how your child or your child’s coach would rate you. When finished total the ratings to assess how effective you are in being a \_\_\_\_\_ parent.

1        2        3        4        5  
Not like me ... Characteristic of me

- \_\_\_ 1. Do I emphasize the development of my child and having fun more than winning?
- \_\_\_ 2. Do I have expectations that are realistic for my child as a \_\_\_\_\_ player?
- \_\_\_ 3. Do I rarely criticize my child for his/her performance?
- \_\_\_ 4. Do I allow my child to be responsible for their \_\_\_\_\_ preparation (meaning I do not do everything for my child including carrying bags, getting water, calling others to practice, preparing equipment)?
- \_\_\_ 5. Do I avoid trying to coach my child when he or she has a coach?
- \_\_\_ 6. Do I provide love and support regardless of the outcome?
- \_\_\_ 7. Do I emphasize the importance of hard work with my child?
- \_\_\_ 8. Do I expose my child to different sports?
- \_\_\_ 9. Do I keep success in perspective?
- \_\_\_ 10. Do I display a positive and optimistic parenting style?
- \_\_\_ 11. Do I avoid allowing \_\_\_\_\_ to dominate my child’s entire life?
- \_\_\_ 12. Do I hold my child accountable for poor behaviors on the field/court?
- \_\_\_ 13. Do I appropriately push my child when he or she is lazy and does not work hard?
- \_\_\_ 14. Do I encourage my child to seek out new challenges and opportunities?
- \_\_\_ 15. Do I avoid exerting pressure to win?
- \_\_\_ 16. Do I model an active lifestyle?
- \_\_\_ 17. Do I emphasize core values like ‘if you are going to do it, do it right?’
- \_\_\_ 18. Do I provide transportation, financial, and logistical support?
- \_\_\_ 19. Do I provide considerable encouragement by recognizing what my child does right?
- \_\_\_ 20. Do I try to make \_\_\_\_\_ fun?
- \_\_\_ 21. Do I avoid focusing the majority of our conversations at home on \_\_\_\_\_?
- \_\_\_ 22. Do I act calm and confident in my child as he or she plays?
- \_\_\_ 23. Do I avoid considering my child’s \_\_\_\_\_ as an investment and that I should receive something in return?
- \_\_\_ 24. Do I treat my child the same following wins and losses?
- \_\_\_ 25. Do I provide my child ample opportunity and resources to be successful in \_\_\_\_\_?

- \_\_\_ 26. Do I allow my child some “say” in \_\_\_\_\_-related decisions?
- \_\_\_ 27. Do I attempt to keep my own interests in \_\_\_\_\_ secondary to my child’s?
- \_\_\_ 28. Do I avoid getting caught up in \_\_\_\_\_ and making it over-important?
- \_\_\_ 29. Do I consider my child my son or daughter first, and an athlete second?
- \_\_\_ 30. Do I avoid critiquing my child immediately following the game or during the car ride home?

TOTAL SCORE \_\_\_\_\_

135-150. Great job mom/dad! You are parenting your child in \_\_\_\_\_ very effectively. Keep doing what you’re doing!

120-134. You are very effective in parenting your child in \_\_\_\_\_. Find any items that you scored 3 or below and set a goal to improve.

105-119. At times you are effective parenting your child in \_\_\_\_\_, but there are some behaviors that may be negatively influencing your child’s experience. Review your ratings and then set a goal to improve scores below a 3.

90-104. There is a good chance that you are negatively influencing your child’s sport experience. Review your ratings and then search the internet for sites that can help you become a better sports parent. This will help you develop ideas for improving your child’s tennis experience.

89 and below. You are negatively influencing your child’s sport experience. It is important that you think about your child’s goals and why he or she plays \_\_\_\_\_. Reflect on your perspective of junior tennis and how it differs from a healthy perspective of developing the child and having fun in tennis. Please get some help – the internet has some great resources or check with the library, and set a goal every week to improve as a sports parent.