

Are You A Pressure Parent?

The following survey has been taken from the Amateur Swimming Association of Great Britain. If you answer “yes” to one or more of these questions, you may be in danger of pressuring your child. It is important to remember that the parent’s role is critical, and should be supportive at all times to ensure that positive experience for your child.

- Do you want your child to win more than he does?
- Do you openly show your disappointment, if she has a poor result?
- Do you feel that you have to ‘psych’ him up right before a competition?
- Do you feel that your child can only enjoy the sport if she wins?
- Do you regularly conduct ‘post mortems’ immediately following a competition or training?
- Do you feel that you have to force your children to go to training?
- Do you find yourself wanting to interfere during training or competitions, thinking that you could do better?
- Do you find yourself disliking your child’s opponents?
- Are your child’s goals more important to you than they are to him?
- Do you provide material rewards (e.g. money, toys) for good performances?