



2 minute drill

for parents



monthly tips from Positive Coaching Alliance

Focus on Effort!

If your child does something well, either on the playing field or at home, you might be tempted to say something like, “Wow, that was a great play! You are really good!” This statement is focused on talent, which reinforces the idea that the child has little or no control over his development. If a child hears these kinds of statements repeatedly, it becomes even more difficult for him to face a challenge in the future because he thinks that talented people aren’t supposed to be stumped by tough situations.

To focus on effort, you could instead say, “Wow, that was a great play. You’ve really been working hard and it’s paying off.” This statement reinforces that the accomplishment is a result of effort, which will likely cause the child to try harder in the future when faced with a challenge that stymies them initially.

adapted from *Positive Sports Parenting* by Jim Thompson



To purchase this and other books by PCA Executive Director Jim Thompson, please visit:
<https://www.positivecoach.org/store>