



THE ASPEN INSTITUTE

PROJECT PLAY

5 WAYS

to talk to your athlete about their

SPORT EXPERIENCE

1 Allow your child to initiate the conversation with you.



2 Be a parent to your athlete first, NOT a coach/critic.

3 Start every conversation with "I love to watch you play..."



5 Listen and respect your child's opinion and emotions.



4 Focus on discussing the process and development over the outcomes/results.



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