

# Ooph

1. It's not about you, its about them. Do not live your own sports dreams through your kids. It's their turn now. Let them make their own choices, both good and bad.
2. Never talk to a coach about your child's play time after a game. Actually you never should. You should have your kid do that. That said, if you just can't help yourself, send an email the next day and ask for some phone time.
3. NEVER yell at referees. They are trying. How would you like it if someone came to your job and screamed at you? Not. So. Much. If you have a real issue file a grievance the next day.
4. Do NOT coach your kid from the sideline. Your job is to be a cheerleader, not a coach. If you wanted to coach, you should have volunteered.
5. It is EXTREMELY UNLIKELY you are raising a professional athlete. I promise you. Relax, let them have a good time and learn the lessons they are supposed to be learning in sports.
6. Kids should play the sport that is in season until they are in middle school. Then they can decide which one or two sports they want to play and become more focused. Cross training prevents injuries and burnout.
7. If you have nothing nice to say, sit down and be quiet. Don't be "that" parent.
8. If you are losing your mind on the sideline of game, it's time to look in the mirror and figure out why. It's not normal to care that much about sports. Put that energy into something more productive.
9. Let them fail. Forgotten equipment, not working out, not practicing at home? Let them suffer the consequences of that. It will make them better.
10. Your kids are watching you. Make them proud not embarrassed.

List created by Stefanie Mullen Founder of Ooph.com a site devoted to parenting teens.