

Role modelling Wise Mindsets



Preamble

The following resource for parents has been developed by Fiona McCarthy on behalf of the NSW Office of Sport, as a key initiative of the NSW Government's Future Champions strategy.

For more information on Future Champions, please visit www.sport.nsw.gov.au/pathways-and-development/parents-guardians-and-carers

Getting to know the author

Fiona McCarthy is a psychologist who owns and operates Mind and Body Balance, a business she set up 25 years ago. Fiona is a registered psychologist, specialising in the area of sport and performance psychology. She is a member of the Australian Psychological Society and the Australian College of Sport and Exercise Psychologists.

Fiona lives in Newcastle NSW and is the Hunter Academy of Sport, Sport Psychology Consultant and a New South Wales Institute of Sport, Sport Psychology Service

Provider. Over the last twenty-five years, Fiona has assisted many local, state and national teams, athletes, coaches and parents in the areas of confidence, concentration, handling pressure, motivation, goal setting, time management, performance preparation and general well-being. She has worked with numerous sports assisting recreational level athletes to professional, international, Olympic and Paralympic level athletes.

Fiona recognises the valuable contribution parents make to their child's sporting pursuits. She

believes that parents want the best for their child and hopes that these resources provide parents with the skills needed to be the best sporting parent they can be so that they can best guide and support their child at all ages and stages of their sports journey.

These resources aim to provide parents with the support, encouragement and skills/tools required to assist their child(ren) in reaching their sporting potential in an environment that promotes fun, connection, success and positive well-being.

Introduction

Parents play a vital role in sport and provide valuable contributions to the sporting community. As parents, we all want to support our children as best we can and see them enjoying their sport.

The following resource aims to empower parents and guide them in playing the best role they can in their child(ren)'s sporting pursuits. Parents are role models to their children and sport is a valuable vehicle to teach life lessons.

As a parent, have you ever wondered how to best help your child deal with success and disappointment? Or what to say to them when their nerves take over and they feel pressure to perform.

Do you find yourself rushing from sport to sport, child to child and not having much time to enjoy watching them play?

Have you ever wondered whether your child is doing too much sport?

How do you help your child believe in themselves and be confident with their sporting pursuits, rather than worried about other competitors or results?

This resource will help parents find the answers to these very common questions and much more.

They will provide parents with information and practical tools and tips to ensure they play their role as a parent to the best of their ability in order to allow their child to enjoy their sport and assist them in reaching their full potential in sport and life.

Role Modelling Wise Mindsets

How we think and behave as parents can influence how our children think and behave. To help our children be best equipped for life and sport lets guide them through by role modelling the wise way to ‘think’.

Promote a positive **growth** mindset rather than a **fixed** mindset.

Let them know by working on areas they can improve which will help their growth and development, rather than thinking that skills are fixed, and they can't improve or get better.

Teach them to **deal** with mistakes and thoughts/behaviours rather than **dwell** on them.

Learn from mistakes, embrace the newfound knowledge and re-focus on the next task at hand.

Help them to focus on the **process** of a skill rather than the **outcome**. Think of the processes like ingredients for a recipe. In order to get the desired outcome, you must mix the ingredients one by one.

Assist them in ‘feeding’ **facts** versus ‘feeding’ **fears**. Focus on the ‘controllables’ and the facts and minimise the temptation or habit to dwell on the “what if” fears.

Adopt a **performance** mindset rather than a **perfectionist** mindset.

Let them know that wanting to perform the best they can is more manageable and achievable then seeking an unattainable ‘perfect’ performance.

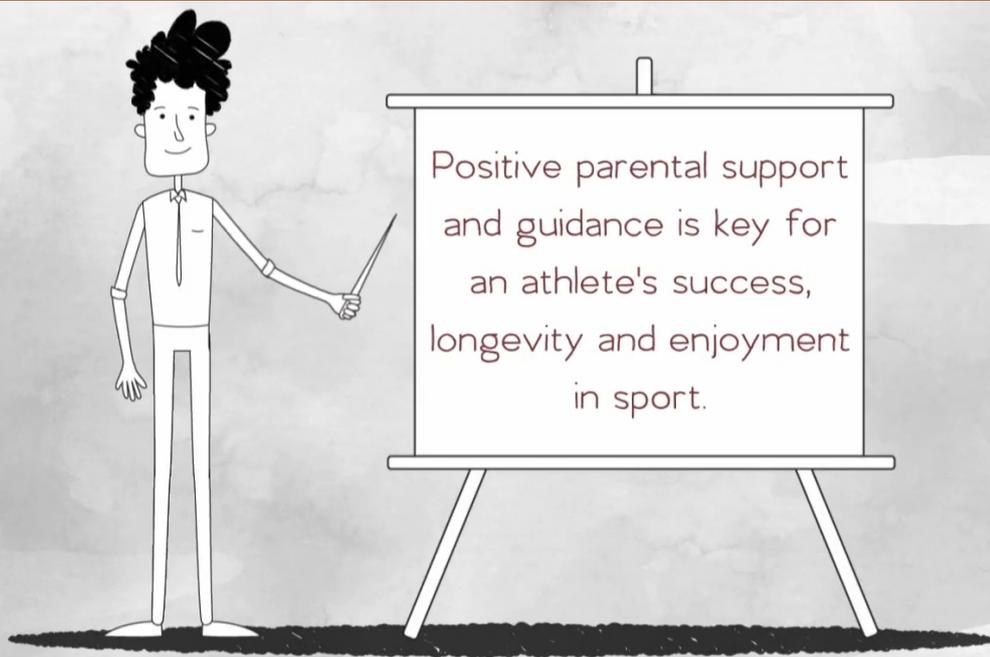
Some days will be better than others with regards to performance but striving to do the best they can each day is a healthy way of thinking and developing realistic positive habits.



We hope you enjoyed our tips!

You might like to check out our animated video, ABCs for Parenting on the NSW Office of Sport website.

Go to <https://www.sport.nsw.gov.au/pathways-and-development/parents-guardians-and-carers> to access this video and other parenting resources on offer by the NSW Office of Sport.



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