WWPIS
Working With
PARENTS
IN SPORT

For sports parents

Helping your child find the right sport

The right sport is the one your child loves enough to keep playing. Let them try lots, follow their lead, and give each one a fair chance.

☐ 1 **Start with your child**
What do they enjoy? Being with friends, running about, competing, being creative or being outdoors?

☐ 2 **Let them try lots**
School clubs, holiday camps and taster sessions. Variety builds skills and helps them find what they love.

☐ 3 **Think about the type of sport**
Team or individual? Social or competitive? Indoor or outdoor? Different children thrive in different settings.

☐ 4 **Don't judge by size or early talent**
Children grow at different rates. Today's smallest or slowest child may suit a sport perfectly in a few years.

☐ 5 **Give it a fair go**
Try a block of sessions or a half-term before deciding. First sessions can feel daunting.

☐ 6 **Look for the spark**
Do they talk about it, look forward to it and come home happy? That matters more than results.

☐ 7 **Be practical**
Think about cost, travel, time and how it fits with school and family life.

☐ 8 **Keep the door open**
Interests change. Switching sports, or starting a new one as a teenager, is normal and healthy.

Questions to ask your child

- What did you enjoy most today?
- What would you like to try next?
- Do you prefer playing in a team or on your own?
- Who would you like to do it with?
- Out of ten, how much fun was it?

Try to avoid

- Choosing a sport because it was yours
- Picking based on early talent alone
- Specialising in one sport too young
- Giving up after one tricky session

Your notes

Sports we've tried:

What they enjoyed:

Still to try:

Where and when:

Next taster session:

Anything else:



Follow the fun

Children who enjoy their sport keep playing. Help them find the one that makes them smile, and they'll have a sport for life.

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