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## How to Be a Good Sport

Parents must model how to be a good sport. Your kids watch you and listen to what you say. Set a positive example before, during and after a sports event. Parents can teach their children to be good sports.

## Role play these skills with your children:

- 1. Think about how you did in the game you played. Think how the other person performed?
- 2. Think of a true compliment you could give the other person about his game. You could say: *Good game. Good try. Congratulation. You are getting better.*
- 3. Think about her reaction to what you might say. *She might feel good, angry or embarrassed.*
- 4. Carefully choose the compliment you think is best. Say it.

## As a parent at a sports event:

- Cheer for all kids. Even kids on the other team who make good plays deserve applause.
- Be friendly. Treat parents of the other team with respect. Congratulate them if their team wins. Be gracious if your team wins.
- Thank the officials. Many of them are volunteers. They seldom receive positive comments from parents.

From Dr. Arnold Goldstein's *The Prepare Curriculum*. For more sportsmanship ideas, log onto momsteam.com and sportsparenting.org.

Call the Parent Help Line. We listen. We can find you help. 1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week.