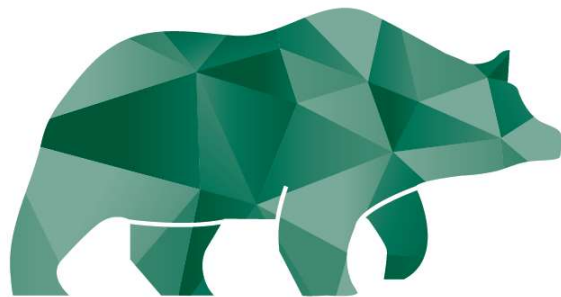




Promoting Exemplary Parenting in Youth Sport

Nick Holt & Shannon Pynn

University of Alberta



UNIVERSITY OF ALBERTA
FACULTY OF KINESIOLOGY,
SPORT, AND RECREATION

The Issues

- Parents are invaluable and more involved than in the past (Stefansen et al., 2016; Wheeler & Green, 2014)
- Negative parental involvement is rare, but parents still often (thought of as) problematic (Holt et al., 2008; Ross et al., 2015)
- And... lots of parents are trying to do the right thing but are not sure...



Good Parenting in Youth Sport

- **Research Question:**
 - How do exemplary parents support their daughters in competitive team sport?
- **Sample:**
 - 8 coaches
 - 10 coach-nominated parents (7 mothers, 3 fathers)
- **Data Collection:**
 - Individual interviews
- **Data Analysis:**
 - Interpretive Description



Results: How Exemplary Parents Parent

- **Support children's autonomy by:**

- **Not forcing a direction**
- Sharing goals
- Fostering independence
- **Emphasizing effort and fun**

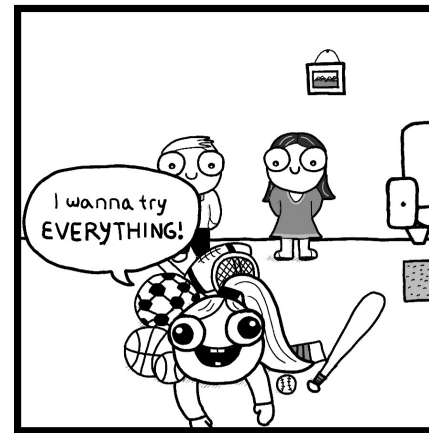
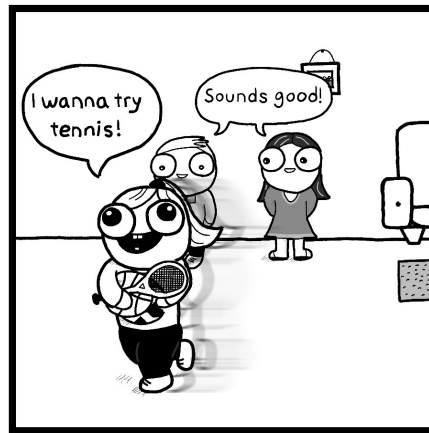
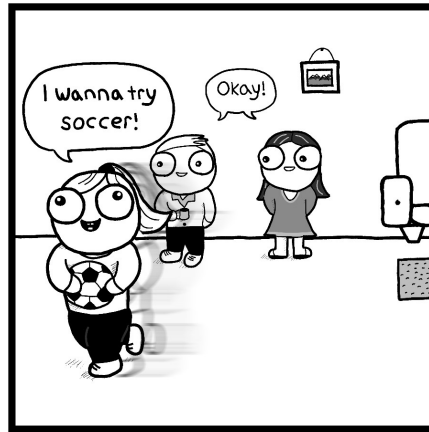
- **Build healthy relationships by:**

- Trusting and communicating with coaches
- Supporting team and club

- **Cope with emotional demands by:**

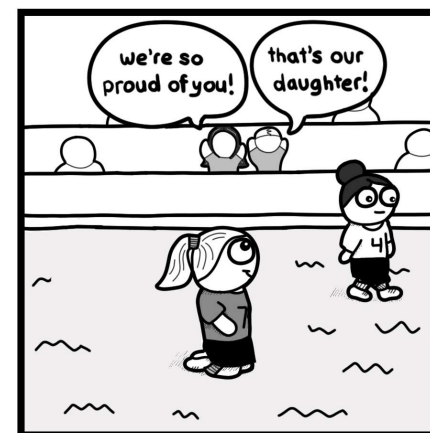
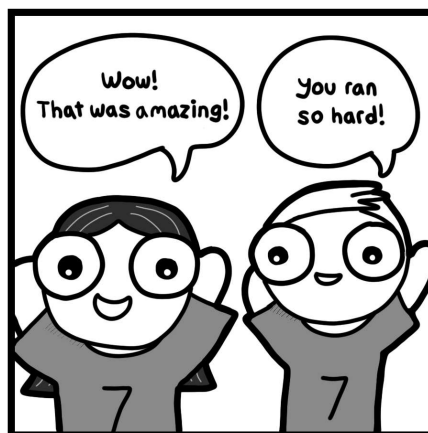
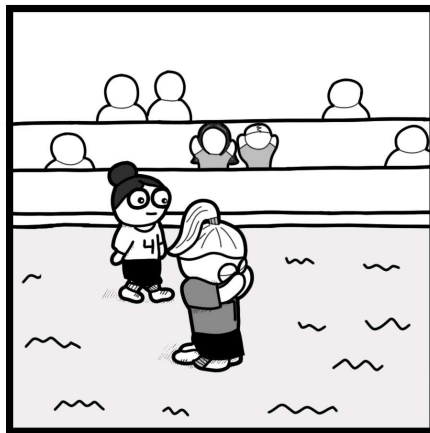
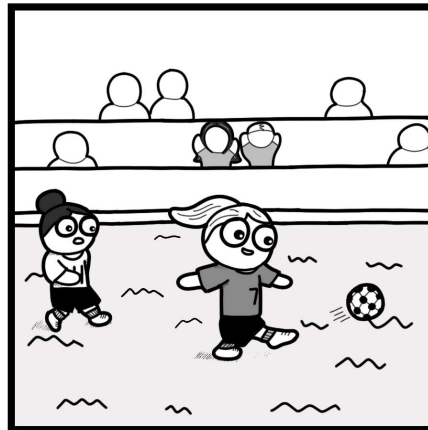
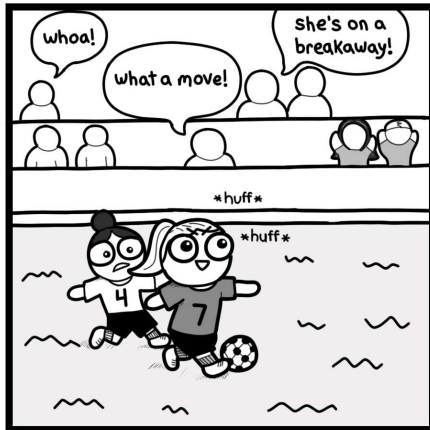
- Assisting child before competitions
- Monitoring own emotions during competitions





"We've allowed our kids to try any sports that they were interested in, to find what's best for them, so we've supported them all the way, and didn't try to fit them into a sport that we thought they would like, or we thought that they were a good fit for"





"I didn't care whether you score a goal, I didn't care whether you made a mistake, all I cared about was that you tried your hardest. The only time I was ever really critical was if I didn't feel the best effort was being given"



So What?

- Findings provide support for propositions put forward by Harwood and Knight (2015)
- Autonomy-supportive, **not** laissez-faire
- Emotional intelligence?

→ **The Sport Parent Program**



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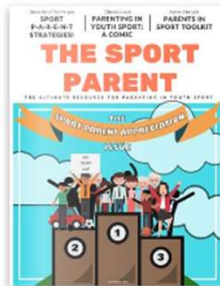
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– Reference:

- Pynn, S. R., Dunn, J. G. H., & Holt, N. L. (2019). A qualitative study of exemplary parenting in competitive female youth sport. *Sport, Exercise, and Performance Psychology, 8*, 163-178. doi: 10.1037/spy0000141

