

10 Ways Parents Can Help their Kids Wrestle their Best

1. Verbally & Non-verbally communicate you believe in them.
2. Verbally & Non-verbally, communicate that you accept them, love them & are proud of them NO MATTER WHAT. Reinforce winning, perfection & success are much lower on your priority list than their fun, happiness & enjoyment.
3. Praise their performance, not their outcome. You want to compliment a kid for positive qualities like wrestling hard, taking changes, going for moves, staying positive, maintaining composure, etc.
4. Ask your kid permission before giving your opinion/criticism, i.e., would you mind my opinion... (This gives the kid a sense of power during a sensitive interaction).
5. Don't always talk about wrestling at home. Let your kid bring it up first most of the time. Let your home be a place of peace, positivity & mental recovery.
6. Be positive & supportive. 9 out of 10 times, this is what your kid would like.
7. If you read the forums, newspapers, rankings, box scores, DON'T talk about it with your kid.
8. Know your role. Wrestlers wrestle. Coaches coach. Officials officiate. Parents parent. Limit the overlap.
9. Don't make match/tournament day special. Your kids can sense this & it usually leads to them doing the same thing. You want them treating everything the same, so should you.
10. When in doubt – LAY OFF! This is tough to do, but it is often the right thing to do, especially when you know your kid is already serious about the sport.

The Best thing you can do for your children is putting them around good positive mentors.

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