



The Role of the Parent in Sports

Parent Self-Assessment

Answer the questions on scale 1 to 5. When finish, total your number values. You can see what type of parent you are by matching your total points to the Parent Self-Assessment Results document in the Resources of "The Role of the Parent in Sports."

	Not Like Me		Somewhat Like Me		Very Much Like Me
1. Do I emphasize the development of my child and having fun more than winning?	1	2	3	4	5
2. Do I avoid trying to coach my child when he or she has a coach?	1	2	3	4	5
3. Do I provide love and support regardless of the outcome of the game?	1	2	3	4	5
4. Do I emphasize the importance of hard work with my child?	1	2	3	4	5
5. Do I hold my child accountable for poor or unsportsmanlike behaviors during a game?	1	2	3	4	5
6. Do I avoid focusing the majority of our conversations at home on my child's sport?	1	2	3	4	5
7. Do I avoid considering my child's sport as an investment and that I should receive something in return?	1	2	3	4	5
8. Do I treat my child the same following wins and losses?	1	2	3	4	5
9. Do I avoid critiquing my child immediately following the game or during the car ride home?	1	2	3	4	5
10. Do I support all players on the team even when my son or daughter is not playing?	1	2	3	4	5

Total:

