

DEVELOPING LIFE SKILLS THROUGH SPORT

Sport isn't just good for children's bodies, it's also good for their minds. Studies have shown that sport has psychological benefits for children and adolescents and teaches them important life skills.

THE BENEFITS OF SPORT TO CHILDREN INCLUDE:

- Better control over symptoms of anxiety and depression
- Helping them to express themselves
- Improving their social development
- Building self-confidence
- Helping them to interact with others
- Making them more likely to make healthy lifestyle decisions
- Improving their academic performance at school
- Building friendships
- Teaching them to be a good sport
- Experiencing the high of winning and the low of losing in a safe, structured environment
- Teaching them to be part of a team
- Teaching them to try hard, even if they don't win
- Teaching them to bounce back from disappointment
- Teaching them to cope with unpleasant experiences such as an injury

PARENTS PLAY AN IMPORTANT ROLE IN SPORT

To keep your child interested and enjoying sport, make it a positive experience for them. Focus on having fun, having a go and being active, rather than winning or losing.

You can help your child develop a positive sporting attitude by praising the team's or other children's efforts, even if they don't win. Point out to your child how important it is to try and do their best. Make sure your comments from the sidelines are positive, and don't criticise children who make mistakes. Never abuse a team, umpire or other player.