Keep things in perspective

POSITIVE PARENTING GETS THE GOLD

If your kids enjoy skating, they will continue skating. Part of this enjoyment comes from your positive approach toward the sport.

- Walk the fine line between encouraging and pushing too hard. Personal growth, effort, participation and pursuing goals are the true victories.
- Teach your child about commitment, self-improvement and how to deal with success and failure in a healthy way.
- Acknowledge all improvements, no matter how small.
- Listen more. Smile more. Your child will notice.
- Volunteer. Take an active role in your child's skating experiences.
- Always, always, always tell your kids how proud you are of them. Always, always, always support them.

SUCCESSFUL SKATERS GAIN AND SHARE THESE TRAITS:

- Persistence
- Perspective
- Self-confidence
- Passion
- Courage
- Concentration
- Self-worth
- Determination

DO:	DON'T:
Focus on effort, participation, fun and skill-building.	Be the coach. Just be the best parent you can be.
Practice good sportsmanship.	Compare your child to other skaters or teams.
Teach your child to be gracious in defeat.	Focus on winning.
Support your child and other skaters with interest and enthusiasm.	Make negative comments to skaters, parents, officials or coaches.
Keep your emotions in check.	

Children who skate will:

- **Appreciate active, healthy lifestyles.**
- **Develop physical skills such as endurance, stronger muscles, better coordination and flexibility.**
- **Develop self-esteem, self-confidence, self-discipline and self-reliance by mastering and performing skating skills.**
- **Learn how to manage stress, perform under pressure and test emotional and physical balance.**
- **Develop positive, supportive and sustained relationships with adults.**
- **Contribute to others through their volunteer involvements.**
- **Develop social skills with other children and adults.**
- **Learn respect for others.**