

Negotiating the post-game conversation

Keeping

Your Child Safe
in Sport

Sport can be an emotional experience for children, parents, and coaches. Feedback from parents greatly influences how a child perceives their ability, enjoys their sport, and feels motivated to continue participating. In such an emotionally charged environment, ensuring well-timed and delivered feedback is crucial.

Here's how parents can navigate the post-game conversation:



When

Emotions can be extremely high after a game and it's important to allow time for your child to process their performance. You should:

- **allow your child to complete their cool-down and team discussion with the coach and teammates before giving your own feedback**
- **ask if your child feels ready to have a conversation about the match**

Each individual child and circumstance will vary, so it's important to regularly talk with your child about how they prefer to receive post-game feedback.



Where

Some children may be conscious about receiving feedback in front of their peers, especially if it is overly positive or negative. Most young people prefer post-game feedback to be saved until they are in a private environment, away from their team.

What

Focusing feedback on the outcome of the game can leave children feeling under pressure. Instead:

- **help to keep motivation high by providing feedback around aspects your child can control, such as attitude, behaviour, and personal skills development**
- **remain consistent with the coach's message**
- **ensure feedback is appropriate for both yours and your child's level of knowledge**



How

It's important to wait until your child indicates they are ready to talk about the game before initiating the post-game conversation. When this happens, you should:

- **encouraging your child to share their views, and be ready to listen**
- **ensure your feedback is positive and focused on areas for improvement, rather than appearing critical**

