



Are You a Pressure Parent?

1. Is Winning More Important To You or Your Child?
2. Is Your Disappointment Obvious?
3. Can Only You “Psyche Up” Your Child?
4. Is Winning The Only Way Your Child Can Enjoy Sports?
5. Do You Conduct Post Mortems After Competition or Practice?
6. Do You Feel You Have To Force Your Child To Practice?
7. Can You Do Better Coaching Your Own Child?
8. Do You Dislike Your Child’s Opponents?
9. Are Your Child’s Goals More Important To You?
10. Do You Provide Material Rewards For Performances?
11. Do you watch every practice??
12. Do you have charts and graphs of your child’s performances and conduct weekly goal setting sessions??