

WIN-WIN SOLUTIONS FOR PARENTS

Collaborate with your child, the coach, and other families.

WHAT IT IS

Your child, the coach, and other families each walk away with something that matters. It's not splitting the difference or winning the argument.

WHY IT MATTERS IN SPORT

When parents dig in, kids carry that stress into competition. When parents collaborate, kids learn to solve problems and keep loving the sport.

6 BEST PRACTICES

1 Lead with a win-win mindset

Before you react, believe a solution exists where everyone, especially your child, comes out ahead.

TRY THIS

"Am I willing to find a solution that works for both of us?"

2 Let your child own the solution

Kids grow by navigating their own experience. Coach them through it; don't talk to the coach for them.

TRY THIS

Ask "What do you think you should do?" before offering answers.

3 Find what your child really needs

"I want more playing time" may really be about belonging or being seen. Solve for the need, not the complaint.

TRY THIS

"What would a great season look like to you?"

4 Partner with the coach

Wait 24 hours, talk to the coach directly, and stick to wellbeing and development, not lineups or strategy.

TRY THIS

"I want to make sure I understand what my child needs to work on."

5 Solve parent conflicts directly

Group chats amplify; they don't resolve. Talk privately and find your shared interest: the kids.

TRY THIS

"We both want our kids to love this team. What works for both of us?"

6 Brainstorm together, then check in

As a family, list every option before judging any. Pick one, then revisit it after a game or two.

TRY THIS

"Let's try this and check in after next Saturday."

"Win-lose is just lose-lose in disguise."

REFLECT: Is my child's safety or wellbeing at stake, or is this about my comfort?