

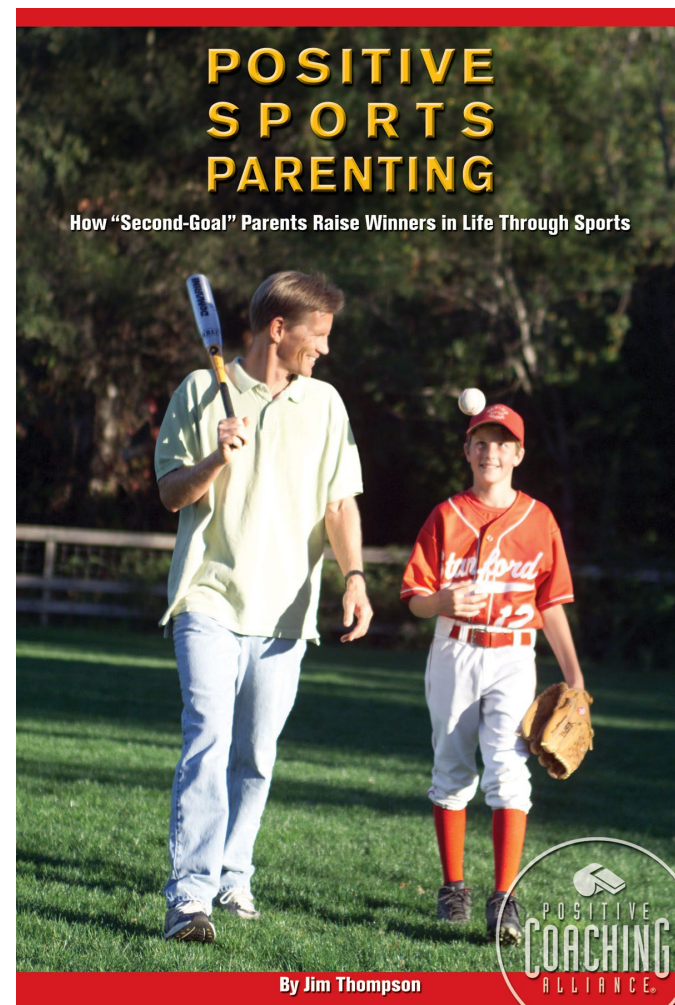
Case Study 3: Your child makes a glaring mistake in the middle of the game that leads to an opponent's score. Right afterwards, your child looks over and your eyes meet. As a Second-Goal Parent, what should you do?

This is a fantastic opportunity to demonstrate your unconditional support of your child while simultaneously reinforcing the M in the ELM Tree of Mastery – learning to handle mistakes without getting thrown off kilter.

Perhaps the biggest fear athletes have is making a mistake in a crucial situation that hurts their team and makes them look stupid. Standing by your child in this embarrassing situation is a most effective way of demonstrating that your love and support for her is unconditional. It may be easy to say you love your child unconditionally – this is a chance to show it.

Here's what you can do:

- Show that the mistake is no big deal in the grand scheme of things by flashing a thumbs up sign, smiling, or saying, "That's okay, Erica. Don't let it stop you. You'll get the next one."
- Use a Mistake Ritual if you or the coach has introduced one, like the Flush or No Sweat (as described in Chapter 5).
- Avoid sending a negative message about the mistake. Don't turn away from your child. Don't grimace, roll your eyes, yell advice ("Never make a cross court pass like that!"), or show that you are upset.



To learn more about *Positive Sports Parenting* and other PCA books visit www.positivecoach.org/our-work/our-books

For more Resources, visit: www.PCADevZone.org

For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org