

# Checklist to supporting your child's development in football

## Pre my child's match / training session:

- > Have I ensured their kit was ready & available?
- > Have they been fuelled correctly?
  - > Have they had enough rest?
- > Have I left them in a positive frame of mind?

## During my child's match / training session:

- > Am I praising effort?
- > Is my body language positive?
  - > Am I dealing well with bad decisions?
- > Will my child be proud of my behaviour?

## After my child's match / training:

- > Have I offered encouragement?
- > Have I given praise for effort?
- > Have I given unconditional support?
- > Have I identified the life lessons they could have learnt from this match / training session?

