

2 minute drill *for parents*

monthly tips from Positive Coaching Alliance

You're the kind of person who...

As parents we have great power to shape the way our children think about themselves. Through the thoughtful use of you're-the-kind-of-person-who statements, we can help them begin to think of themselves as capable people with positive character traits.

This phrase can also work beyond the athletic field. If you want to raise a child who loves reading, you can look for an opportunity to catch her reading something and later say, "I noticed you reading that book on falcons. It's great that you're the kind of person who likes to read for pleasure." After an athletic contest in which your child made a great effort, you can say, "That long run you made after the ball near the end of the game was a great effort. I'm proud that you're the kind of player who doesn't give up easily."

adapted from *The Double-Goal Coach* by Jim Thompson



to purchase *The Double-Goal Coach* and other books by Jim Thompson, please visit:
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