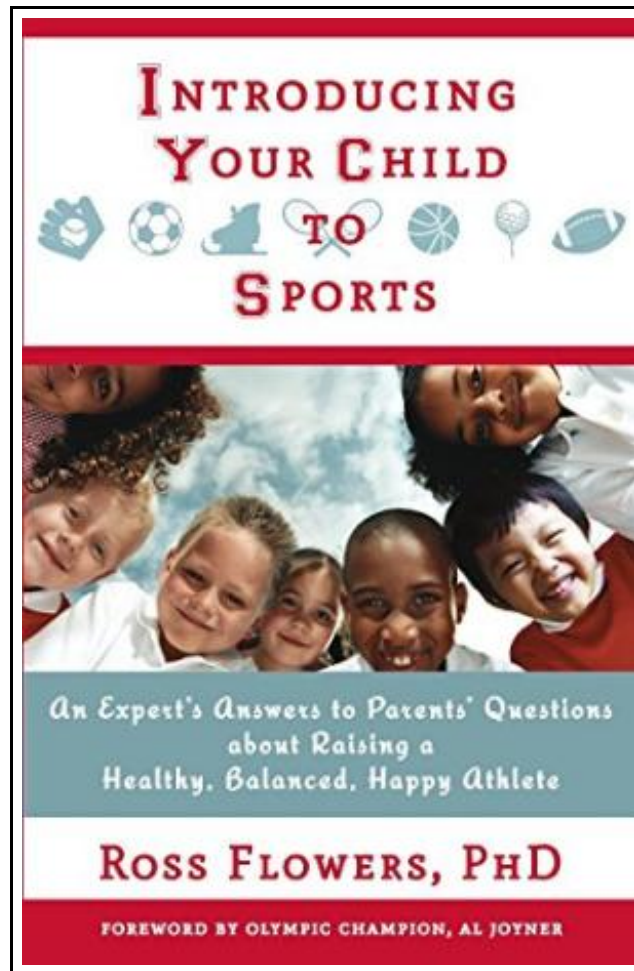


## Introducing Your Child to Sports: An Expert's Answers to Parents Questions about Raising a Healthy, Balanced, Happy Athlete



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Giles Consulting Group, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you're a parent of one or more children and are considering involving them in sports, you likely have a lot of questions. Because you treasure your children and want to make the best decisions for them, it's only natural for you to be concerned about everything from your child fitting in or getting hurt, to having the appropriate time to commit, to having good role models for them, to helping them learn to be motivated, self-confident, and an excellent team player. In *Introducing Your Child to Sports*, Dr. Ross Flowers offers his unique 360 perspective-as a noted sport psychologist, former elite athlete and coach, and father of young athletes himself-to answer the 70 most-asked questions of concerned parents contemplating their child's participation in sports. Within the topics of sport culture, skill development, health and safety, competition, and more, he addresses questions such as: How do I choose the right athletic program and/or coach for my child? What are appropriate rewards for playing/doing well? What if my child wants to quit before the season is over? What can I do if my child isn't good at the sport or doesn't fit in socially? What are the best things to focus on when discussing a game or performance? In his professional yet relatable style utilizing an easy-to-read QA format, Dr. Flowers lends his extensive knowledge and experience to guide you as a parent through most every expected-and unexpected-scenario, highlighting real-life stories and examples, and providing proven practices for positive thinking and self-talk, visualization, and relaxation. Whether your child is new to sports or has been playing for a while, this book will...



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