

How to Support Your Child When Pressure Shows Up



PRAISE EFFORT/NOT OUTCOME

When kids focus on what they can control, confidence grows. Outcomes don't build confidence — ownership does.



NORMALIZE STRUGGLE

Growth and resilience hide in the hard stuff.



SEE THE KID, NOT THE PERFORMANCE

Support the player, not the play.



FOCUS ON CONNECTION OVER CORRECTION

They need presence more than pointers.



BE THE COMFORT IN THEIR CHAOS

Your steadiness becomes their anchor.

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How We Accidentally Make Things Feel Heavier for Them



COACHING FROM THE SIDELINES

It's confusing. It raises anxiety. It takes away opportunities to solve the problem on their own.



TALKING TOO MUCH AFTER A GAME

Silence often means they're processing.



TRYING TO FIX THEIR PROBLEMS

Fixing takes away ownership and robs an opportunity for them to learn and grow.



LIVING YOUR PAST DREAMS THROUGH THEM

This is their path — not a redo of yours.



MAKING YOUR SUPPORT FEEL EARNED, INSTEAD OF AUTOMATIC

They need to feel backed no matter the outcome.

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