



# 101 Ways to Be a Terrific Sports Parent: Making Athletics a Positive Experience for Your Child

*Joel Fish*

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The determining factor in whether a child between the ages of six and seventeen enjoys athletics is his or her parents -- not the sport, coach, or team. Yet, parents are often unaware of how their behavior and expectations impact their child's experience.

In *101 Ways to Be a Terrific Sports Parent*, Dr. Joel Fish, a sport psychologist who is also the dad of three young athletes, shares both his clinical expertise and practical experience to help parents develop a deeper understanding of the many issues that surround the young athlete. For athletes of all skill levels, from Little League to high school, Dr. Fish discusses how to:

- Help your child reach his or her full athletic potential
- Develop strategies to deal with competitive pressure
- Know if you're too involved or not involved enough
- Interact successfully with your child's coach, and more

With insights into the different developmental and self-esteem issues facing girls and boys, information on parenting a superstar athlete, and special tips for single parents, *101 Ways to Be a Terrific Sports Parent* will help any parent make sports a memorable and happy experience for their child.



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