

Keeping

Your Child Safe   
in Sport

# How can you support your child in sport?



## Listen to your child

- \* talk regularly with your child about what they want to get out of sport
- \* understand that goals might change over time
- \* be open to changing the way you support your child as they grow and change themselves

## Keep sport fun and respect everyone

- \* praise effort and progress as well as performance
- \* be positive and proactive with your child's coach and other staff and volunteers
- \* help your child through difficult emotions
- \* remember that sport is just one part of your child's life

## See something, say something

If adults or children are behaving in ways that can damage your child's experience, say something to the club's welfare officer.

For more help, visit [nspcc.org.uk/safeinsport](https://nspcc.org.uk/safeinsport)

**NSPCC**

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

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