

Keeping

Your Child Safe
in Sport



Chatting after sport

When feelings are running high, it's easy to say the wrong thing. Here are some tips for talking with your child after training, a game or competition.

When they're ready

Give your child time to complete their cool-down and talk with their coach and teammates. Wait until they're ready before discussing what happened.

- * Every child and situation is different, so ask them how they would like to talk.

Where they feel comfortable

It's not always easy for young people to talk with parents in front of their peers, especially if it's overly positive or negative.

- * Wait until your child is in a private environment, away from their team.

What they did well

Focusing talk on the outcome can leave children feeling under pressure. Celebrate and offer feedback on areas your child can control, such as attitude, behaviour, and personal skills development.

- * Encourage your child to say what they think – be ready to listen and make sure you're positive and focus on what they can improve, not criticising their performance.
- * Be on the same page as the coach and keep the conversation appropriate for both yours and your child's level of knowledge.

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EVERY CHILDHOOD IS WORTH FIGHTING FOR

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