

Dr. Kays' Mental Tips for Parents / Student Athletes

SPORT PSYCHOLOGY

KNOWING WHAT TO SAY AFTER A LOSS

The more competitive young people are in sports, the harder it will be for them to take losses well. Here are some guidelines:

- + **Wait until your child engages you to start the conversation.** If you try to force the conversation, you will just be a source of frustration, and it will typically spiral downward and make matters worse.
- + **Validate your child's feelings about the loss, no matter what they are.** Frustration, anger, annoyance, fear and disappointment are all common emotional reactions to losses. Simply listen, let them speak and just validate. You do not need to solve a problem or offer solutions.
- + **Let your child dictate the length and depth of the conversation.** He or she will let you know when they want to talk and how much. Trying to force a lesson into the discussion when they are not open to learning is simply counterproductive.



Todd M. Kays, PhD

Dr. Kays is a sport and performance psychologist and has a passion for helping athletes and coaches overcome mental barriers to achieve their performance goals.

NEED MORE
INFO?

For private or team consultations,
call (614) 566-GAME (4263) or
for more information visit
OhioHealth.com/SportsMedicine

BETTER MIND, BETTER PERFORMANCE



OhioHealth

BELIEVE IN WE™