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.

BETTER MIND, BETTER PERFORMANCE

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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