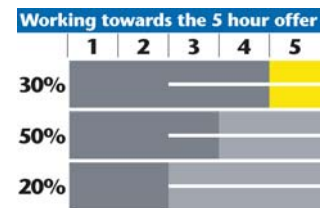


Performance Parent:

Supporting talented young people to achieve their potential

Programme information sheet



WHAT IS IT?

“ Parents and the home environment they create are the single most important factor in shaping their children’s well-being, achievements and prospects. ”

Every Parent Matters, Department for Education and Skills, 2007

Behind every talented performer there are parents who work tirelessly and continually to support their children in pursuing their sporting dreams. They are the unsung heroes of our national teams and live every moment of their child’s sporting journey.

The Youth Sport Trust is looking to develop a series of resources to support parents of young gifted and talented athletes, in line with the government’s *Every Parent Matters* publication.

The Performance Parent Booklet



A new booklet *The Performance Parent* was launched at the UK School Games in August 2008 in a dedicated parent ‘clinic’ which offered support and guidance to parents in an informal environment.

Approximately 400 booklets were distributed over the two days and just over 80 parents received advice.

The booklet provides parents with:

- **Top ten tips for performance parents:** Compiled from interviews with parents.
- **Performance Parent Case studies:** The parents of young elite athletes from rowing, disability swimming, athletics and hockey were asked to contribute towards the booklet. Their experiences as parents of talented performers were captured, along with their key piece of advice for other parents.
- **Links to useful websites:** There are links to a number of different international websites which contain useful documents and information for parents of elite athletes.

The booklet is presented in an engaging and accessible format. No matter at what stage on the gifted and talented pathway their child is, the booklet gives invaluable advice and reassurance about what it takes to be a performance parent.

WHAT DIFFERENCE DOES IT MAKE?

“ What a great little booklet...it’s nice to know there is help available and that people are willing to offer advice. Thank you. ”

Parent of a 2008 UK School Games competitor

The support and opportunity to have a discussion with experts was greatly valued by all the parents who visited the parent ‘clinic’ at the 2008 UK School Games. The booklet worked extremely well as an initial discussion topic, which led on to further conversations about their own experiences and concerns they had as a parent.

“ The booklet is a triumph; something small, accessible and easy to hand out. It gave us a great way of breaking the ice with parents. ”

Kes Aleknavicius, City Academy Bristol

The *Every Parent Matters* publication states that families bring up children but they need support to make confident, informed choices which they feel are right, accessing additional support when they need it.

Providing this type of workshop/clinic at sporting events enables parents/carers to better understand what support their children need and when, in order for them to succeed not just in sport but in life.

HOW TO GET INVOLVED

The booklet is funded by the government’s PE and Sport Strategy for Young People (PESSYP) as part of the Gifted and Talented strand. It will be used to support the new Junior Athlete Education framework through 2008 - 2011.

Other areas of parent engagement include:

1. The Junior Athlete Education (JAE) parent workshop as part of the JAE life-skills workshop series for key stage three.
2. Parent workshops as part of the National Talent Orientation Camp.
3. I eXcel scheme guidance material for parents/carers.

For further information about the Performance Parent resources please email performance@youthsporttrust.org or visit our dedicated gifted and talented website www.talentladder.org

