

# Performance Parent:

*Supporting the parents/carers of talented young performers*

## 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 “Performance Parent” resources are a growing range of materials to help schools engage parents/carers of talented performers. They are part of the Junior Athlete Education (JAE) framework, a package of tools and resources designed to help schools provide talent development support.

#### The Performance Parent Booklet



The booklet provides parents/carers with:

- **Top tips:** Compiled from interviews with parents.
- **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 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.

A 2009 addition to the material is a set of six case studies featuring the parents of aspiring young athletes who competed at the 2008 UK School Games.

### 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**

As well as being part of the JAE framework, the booklet and case studies were provided for parents/carers at the 2008 and 2009 UK School Games in a dedicated “Performance Parent Clinic”. This service provided an informal way in which parents could receive advice and reassurance from expert Gifted and Talented practitioners.

The support and opportunity to have a discussion with experts was greatly valued by all the parents who visited the clinic. 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 parents/carers need support to make confident, informed choices which they feel are right, accessing additional support when they need it.

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

### HOW TO GET INVOLVED

For further information about the JAE framework and to download the Performance Parent resources please visit [www.youthsporttrust.org/talent](http://www.youthsporttrust.org/talent)

For any additional information please email [sport@youthsporttrust.org](mailto:sport@youthsporttrust.org)