



Sideline Support: A Guide for Parents

Why Your Support Matters

Your presence at matches and training is powerful. Children thrive when they feel encouraged, safe, and supported. What you say—and how you say it—can shape their confidence, enjoyment, and development.

Do's: Be a Positive Role Model

- ✓ **Cheer and encourage** all players, not just your own
 - ✓ Use **positive language**, even in your native tongue
 - ✓ Celebrate effort, teamwork, and resilience
 - ✓ Respect coaches, referees, and other parents
 - ✓ Model calm and respectful behavior—even during tense moments
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Don'ts: Avoid Harmful Sideline Behavior

- ✗ Don't criticize your child or others from the touchline
 - ✗ Don't shout instructions—leave coaching to the coaches
 - ✗ Don't use negative tone or body language, even if the words are in another language
 - ✗ Don't engage in arguments or confrontations during play
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Multilingual Families

We welcome and celebrate linguistic diversity. If you prefer to speak in your native language:

- Use it to **encourage and uplift**, not to critique
 - Be mindful of **tone and volume**, which can affect all players
 - If unsure, ask staff for guidance on **positive phrases** in your language
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When Things Go Wrong

If you feel frustrated or concerned:

- Speak to staff **privately and calmly** after the session
 - Avoid expressing criticism during play—it can undermine your child's confidence
 - Remember: **constructive feedback is best shared in safe, supportive settings**
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Together, We Create a Safe Space

This is more than sport—it's about growth, inclusion, and belonging. Your support helps every child feel valued.