

Positive+Parent™ Newsletter

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A PRACTICAL WAY TO HELP YOUR CHILD SUCCEED

Winning is overrated. The only time it is really important is in surgery and war. ~Al McGuire

We all want our kids to be successful. And we are willing to do just about anything to make that happen. Here is a way to help your child succeed that is a lot of fun. Simply put, get them involved in sports.

It is amazing how many researchers have studied the effect of sports on academic achievement and how almost each and every study found the same thing – kids who are involved in sports are more successful.

There are a few different reasons given for this in the articles. One interesting reason given is that it helps kids learn how to deal with failure and overcome it. We all know people who once they fail keep “stewing” in the bad feelings and have a hard time moving on. This is obviously not productive or helpful and it will only keep the person from moving forward.

When we teach our kids to deal with failures, they will learn how to overcome them and move forward. Obviously, sports is a great way to do this because the only lasting effects of winning or losing is the mental and emotional strength that it will build.

I love the quote by Michael Jordan that goes, “I’ve failed over and over and over again in my life and that is why I succeed.”

Another advantage of taking part in sports is that it teaches kids how to deal with others. Unfortunately, much of what happens in school is done all alone.

Schools and teachers have been talking about cooperative learning for the last 20 years, but most of what happens, day to day in the classroom involves each student working individually.

There is certainly value in learning to work alone. But most of our lives we are interacting with other people. This skill is not taught in many classrooms. It is taught on every sports team. And, yes, here I am talking about team sports rather than tennis or karate.

Which brings me to my final point this is, our kids should play on teams. If you child loves tennis, then help him or her to excel at tennis. But there is also a value to playing in the little league or on the school basketball team. This will help your child to build the skills needed to work with others.

The benefits found of kids playing sports are greater academic achievement, including better grades, improved chances of attending college, and success in the labor market.

Of course, kids who play sports will also have a lower risk of child obesity which is rampant in the world today. People who play sports as kids are more likely continue as adults and

stay healthier and slimmer as adults as well.

And one of the best reasons to have your child participate in sports is that it will give you a chance to have quality time with the kids. You will see your child in a whole new light and it will give you something to bond over.

So, as Nike says, “Just Do It!”



You can reach me by email at DrShaya@PositiveParentPlus.com I love to hear reader comments.

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