

Which sport for your child?

Helping your kids find a sport they will like is easier than you think. If your child is searching for his or her own sport, here are some suggestions:



The Shy Child:

- Often performs better in solo sports rather than team sports (e.g. swimming, track and field, tennis, golf, etc.)
- May be reluctant to play sports with other children. Shoot hoops or kick a ball around with them to help them get used to the sport which can help them gain confidence to play with others.
- Make sure your child has a buddy on the team.



Willing but Unathletic:

If your child is hopelessly uncoordinated, try these tips:

- Don't give up—athletes are made, not born most of the time.
- Good sports for developing the fundamentals of balance, strength and coordination: gymnastics, martial arts, racket sports, soccer...
- Go for rapid progress. Kids are more likely to like a sport if they get a lot of "game time." Try swimming, running, skating and golf. Avoid the bench!
- Enroll your child in a class to learn the basics in a supportive environment.



The Couch Potato:

- Try martial arts. They're dynamic and exciting and don't require much running around.
- Lead by example. Make physical activity fun for the whole family and include it in the weekend schedule.
- Make a deal with him/her to get him on the move. If she plays an hour of soccer, let her watch an hour of TV as a reward. (Avoid giving food as a reward or punishment though.)



Taken from: "Don't Sweat It" by Bill Doherty. [Better Homes and Gardens](#) July 2003.

Provided as a service from AHEC of the Plains.
Contact: 806-291-0101.

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