

## Filling Kid's Emotional Tanks

We know that as parents, we have to sometimes correct our kids to help them improve. But we can deliver this feedback with useable information that helps empower our children. Here are a few more tips of kid friendly criticism that can help fill your child's Emotional Tank:

*First remember:*

### Avoid non-teachable moments

- The ride home from a game ended by a costly mistake is not the time to offer instruction.

### Wait for privacy

- People hear criticism better in private than in front of a crowd.

### Ask Permission

- If you ask, and your child prefers not to hear your criticism, honor that, and ask again later. Do not use this technique in areas where your child needs an immediate lesson, such as poor sportsmanship or dangerous behavior).

And then fill their tanks with:

### “You're the kind of person who...” Statements

- Telling kids “You're the kind of person who...,” fills their head with a message that can stick for years. You can deliver messages that empower your children and help them think of themselves as capable people with positive character traits.
- For example: “I know it upset you that the defender beat you on that play, but I'm proud that you're the kind of person who learns from the mistake and picks yourself right back up. You handled it perfectly and stayed positive the whole game.”

### Kid-Friendly Criticism

- Parents must sometimes correct their kids to help them improve. But you can deliver this feedback with useable information that helps empower your children.
- For example, “You need to focus!” contains virtually no useable information, compared with, for example, “Remember that if your attention wanders, you can use a little self-talk to remind yourself to re-focus.”

*Continue Reading...*

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### Use if-then statements

- To help your children feel in control even while you are advising or correcting, phrase your feedback in the form of an if-then statement.
- For example, "If you tell your teammates that you feel left out of the offense, then there is at least a better chance they will pass to you more often."

### Make a criticism sandwich

- "Sandwich" the criticism between a truthful, specific compliment on each side. The criticism is the meat, while the compliments are the bread.
- For example: "You usually do a great job of keeping a level head when one of your teammates makes a mistake. I noticed in the second half you did not have the greatest body language after Brandon dropped that pass. I know you're the type of person who wants to be a great teammate, so I'm sure you can improve that body language next time."

With these Tank Filling Tools, you and your children are on your way to enjoyment, success and all the other life-lesson benefits of a Responsible Sports experience!