

# TIPS FOR WHĀNAU



For Parents and Whānau of Athletes

**“Support Starts With You – Positive Whānau Power”**

Key Skills:

- Positive Framing: Focus on effort, improvement, and enjoyment rather than outcomes.
- Supportive Language: Use phrases like “I loved watching you play” or “You gave it your all!”, “I whakapau kaha koe!”
- Emotional Awareness: Recognise when your stress is rising and take a moment to breathe before reacting.

Tips for the Season:

- Create a calm morning routine before games.
- Let your child lead the post-game conversation.
- Support their independence. Games help kids make decisions and grow through experience.
- Celebrate small wins – teamwork, courage, sportsmanship.
- Dress up in PINK to show your support!!!

Quick Reset Strategy:

If emotions run high, take a walk, hydrate, and remind yourself: “My role is to support, not to solve.”

**Me Pai Te Wairua - Positive Vibes Only.**

