

Mayo Clinic Minute

The problem with parents over pressuring kids to win

Video	Audio
	It's a proud moment for parents when their child wins in sports, but too much pressure to win could be problematic.
MAX TRENERRY, PH.D. PSYCHOLOGY Mayo Clinic	“Now, it starts to affect motivation and when that pressure to win is out there, we do start to lose our young athletes around age 13.
	Dr. Max Trenerry is a sports psychologist at Mayo Clinic, and says kids start to be able to compare their talent and skill level to other kids' around age 9.
	By age 13, kids are often turned off to sports altogether if they feel their skill level doesn't match their parents' expectations.
	“So the parent reaction to these things when the child makes a mistake or they forget something, they don't get something done, be a safety net.”
	Being a safety net, he tells parents, means helping kids prepare and develop good sport habits when they're young.
	It also means letting children talk about their performances on their own terms, letting them compete when and how they choose, and making sure they feel connected to something bigger than themselves in their teams.
	For the Mayo Clinic News Network, I'm Ian Roth.