



Champion Parent Focus: When and How to Talk with your Child's Coach about your Exceptional Athlete

Play Like a Champion Today has recently created resources for coaches to work most effectively with athletes with Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD) thanks to support from **Shire Pharmaceuticals**. Visit our newly designed [WEB PAGE](#) loaded with these resources to help coaches create a positive sport experience for every athlete. Sport parents also play a key role in this process. Play Like a Champion provides guidelines for parents on when it is appropriate to talk with your child's coach (as well as how and when not to approach the coach). Parents of athletes with ADHD or ASD should talk with your child's coach to help the coach understand your child's exceptionality and how best the coach can work with your child for a successful experience. Parents should not be afraid to reveal their child's special circumstances. Open communication with your child's coach will be helpful to your child, the coach and to the whole team. Research reveals that when coaches are educated to make specific accommodations, exceptional children (and the whole team) have a more positive sport experience.

This meeting does not have to be formal or long -- a phone call or a brief chat after practice may work well. Here are some guidelines to assist parents in this conversation:

- Tell the coach a little about your child. What are his/her likes and dislikes.
- Explain your child's history with sports. Has he/she ever played this sport.



"To my child...If I had to choose between loving you and breathing... I would use my last breath to tell you... I Love You."

Are you a parent with a question about your exceptional child integrating effectively on his/her team. Play Like a Champion hosts a confidential email answered by Developmental Psychologist and Play Like a Champion trainer, Dr. Carrie Hastings. Email Dr. Carrie with questions: askdoctorcarrie@nd.edu

As the end of the year approaches, sport parents should take some time to review your child's sport experience this year.

- Did your child have fun in his/her sports?
- How did your child grow through sports this year?
- What values did you see your child develop this sport year?

Share with your child one positive memory that you have of him/her displaying virtue in sport.

Play Like a Champion offers a Summer Champion Challenge for kids. This is similar to a Summer Library Reading Challenge but

- Describe situations that make your child happy or upset.
- Clarify the physical challenges (poor vision, lack of hand-eye coordination, asthma) as well as the mental challenges (Lack of focus, trouble communicating, being nervous) that might affect your child's ability to play this sport.
- Discuss the physical strengths (speed/strength/agility) as well as mental strengths (good listener, grasps concepts easily) that you have observed in your child.
- Tell the coach about emotional or physical "breaking points," where your child becomes overwhelmed by physical or emotional stress and discuss strategies that you have found to alleviate these break-downs.
- Offer some guidance on how your child usually interacts with his/her peers and with authority figures.
- Is there anything else that the coach should know about your child, especially any aspects of his/her medical history that might be pertinent. Is he/she on any medications that might affect his/her behavior when (not) taken?
- Remind the coach to request your ongoing assistance in helping your child fit in well with the team and grow through the sport season.

Click here to view the full [Video](#) of Play Like a Champion's Dr. Carrie and ADHD expert Dr. David Baron, Chief of Psychiatry at USC's Keck School of Medicine, specialist in ADHD and Sport Psychiatry.

This is our final Parent Like a Champion note prior to the summer, so we wish all Play LIke a Champion families a healthy, safe and productive summertime. See you in the Fall!

is based on physical activity and play. Email us at plc@nd.edu if you are interested in this summer program for your child.

Have a wonderful summer!