



Working actions factor Parental Autonomy Support

Actions for coaches/trainers

- Discuss with [parents to encourage youngsters to participate](#) by introducing them to sports and perhaps by becoming volunteer leaders in children's sports programs.
- [Communicate with parents](#) on their child's behaviour and development. They are co-responsible for this.
- [Regularly talk with parents](#) and their son or daughter, to make them understand the program and even reinforce at home what their kids had learn.
- Invite [parents to be active in the club](#) and think about creating a special welcome.
- Advise youngsters that they have [the support from their parents](#).

Actions for clubs

- Invite [parents to information sessions](#) about the club.
- Invite [parents to volunteer in the club](#) activities. Support and plan the involvement of parents in volunteering.
- Ask parents [what kind of contribution](#) they can offer when enrolling a youngster.
- [Organise events](#) that involve coaches, youngsters and parents, such as fun runs or walking clubs.
- Offer [activities for parents](#), related to the needs of the club.
- Introduce appropriate [channels of communication](#) between club and parents, coaches and parents (e.g. quarterly meetings, social media etc.).
- [Teach parents they can help youngsters develop basic skills](#) of sport by playing informally with them.
- Teach parents how they can help their youngsters [form realistic expectations](#) about their play.
- Youngsters should not be coerced or intimidated into playing, so [teach parents not to confuse appropriate guidance with such tactics](#).
- Have [systematic policies to develop communication with parents](#) in sports club.