

Competition and High Expectations

“The most important part of winning is making sure there are no losers.”

Consider the tension between expectations and resources. When the expectations exceed the resources our job is to backfill resources (find help, develop skills, etc) or adjust expectations.

Allow kids to struggle. Recognize effort over outcome.

Allow kids their feelings. Its OK to feel uncomfortable.

Parent in a way that helps your kids develop independence.

Tease out the parts of your anxiety that are generic and those that are specific to your child.

Keep perspective, stay objective and maintain connection.

Help your child to make the target smaller.

Calibrate competition to setting (e.g. club, rec, and recess soccer).

Teach and practice gracious losing and winning.

Practice not comparing yourself to others.

Address issues of sibling rivalry.

Discuss the difference between striving and needing to be the best.

Set meta-goals: goal to respond more kindly, be more assertive, etc.

Above all else, watch what you model.