



Sport for children and teenagers:

- *Movement is a natural need of every child, and adults must ensure that this need is satisfied.*
- *Children's habits concerning movement are formed in the family.*
- *Sport is something children and teenagers should be doing for themselves, not for the mother, father, trainer or sports club.*
- *Children's and teenagers' physical and mental wellbeing in doing sports must be ensured.*
- *Children's sport activities must be based on playing, the joy of playing and desire to play.*
- *The main goals of sport for children and teenagers lie in boosting their health as well as developing physical and mental capabilities, not winning or achieving success.*
- *The victories and achievements of children and teenagers do not predetermine that they will become professional athletes.*
- *Children are not small-size adults. The use of training schedules and aids meant for adult athletes can result in health problems in the growing body.*
- *Children's and teenagers sporting activities must take differences in the pace of them reaching physical, mental and social maturity.*

Recommendations for parents:

- *Encourage your child to move and do sports, but do not force them if the child is unwilling.*
- *When you play with your child, do not turn a game into a workout; inspire them to have fun. Enjoyment will make the child to repeat what they like, and this is how they develop.*
- *Help the child choose sporting activities that they like near the school or home.*
- *Make sure that the trainer has proper qualification. Support the trainer but do not interfere in the training process.*
- *Cooperate with the trainer to teach your child the rules of the particular sport.*
- *Make sure that the training sessions are adequate for the child's abilities. Overstrain can cause chronic injuries, frequent illnesses and frustration.*
- *If necessary, help your child or teenager change a team, trainer or type of sport.*
- *Respect the child's or teenager's decision not to compete.*
- *Try to explain to your child that participation is more important than winning.*
- *If your child or teenager would like you to, support them during competitions by simply being there. Do not denigrate the judges or opponents. Praise good performance by the winners and the losers alike.*
- *Do not shame your child for mistakes and failures; try to find something positive to inspire them to go on.*
- *Stay informed about your child's health and follow doctors' recommendations even when the child does not complain about anything.*
- *Teach your child to take care of their health: no training or competing when ill or recovering from an illness.*



- *Make sure that the young athlete's food is sufficient and nutritious, that they sleep 9—10 hours per day, that their training clothes are suitable for the sport and your climate, and that the child uses the necessary protective equipment when practicing sports.*
- *Set an example of a healthy lifestyle and proper personal hygiene.*
- *Love your child, not their achievements!*