

PARENTING FOR OPTIMAL PERFORMANCE:

SESSION 4 – EFFECTIVE BOUNDARIES (RESOURCES)

Emotion Management

Skillful Communication

Promoting Well-Being

Effective Boundaries

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Books

- McKinnon, John. **To Change a Mind: Parenting to Promote Maturity in Teenagers.** New York, Lantern Publishing and Media, 2019.
- Dweck, Carol. **Mindset: The New Psychology of Success.** New York, Ballantine Books, 2007.
- Cloud, Henry and Townsend, John. **Boundaries Updated and Expanded Edition: When to Say Yes, How to Say No to Take Control of Your Life.** Grand Rapids, Zondervan, 2017.
- Lythcott-Haims, Julie. **How to Raise an Adult.** New York, St. Martin's Griffin, 2015.

Articles/Links

- A good and readable article about boundaries generally: <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>
- Podcast: An interview with a swimming coach who speaks about intrinsic motivation, and the balance between support and expectations. <https://podcasts.apple.com/us/podcast/peter-verhoef-power-of-honoring-the-whole-athlete/id1817481870?i=1000723074208>
- An academic study of how parent intervention can impact athlete resourcefulness: https://selfdeterminationtheory.org/wp-content/uploads/2022/02/2016_GaudreauMorinvilleEtAL_AutonomySupport.pdf