

PARENTING FOR OPTIMAL PERFORMANCE

EFFECTIVE BOUNDARIES

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U.S. NATIONAL DEVELOPMENT PROGRAM

PILLARS FOR OPTIMAL PERFORMANCE

Emotion Management

Skillful Communication

Promoting Well-Being

Effective Boundaries



EFFECTIVE BOUNDARIES

- Specific guidelines that define “you” as separate from “other”
- Offer clarity around personal limits, needs, values, expectations
- Contribute to sustained optimal performance
 - Keep us safe, well, and healthy
 - Create space and boost confidence





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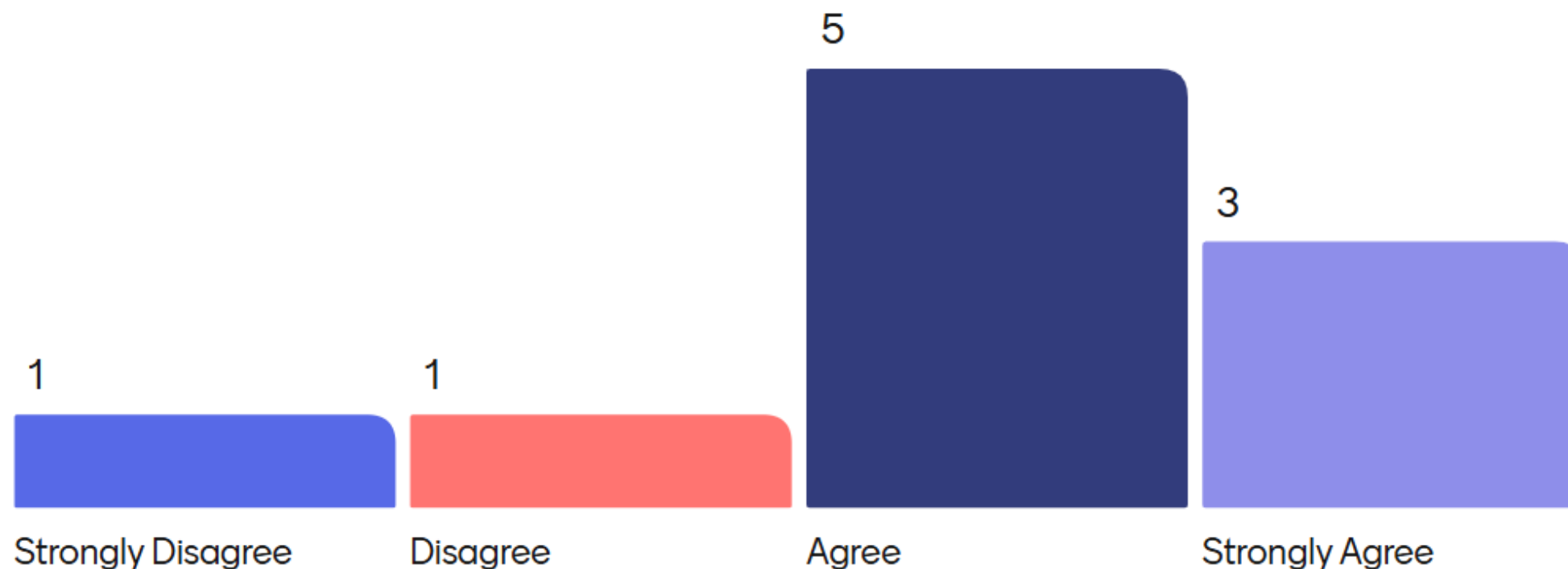


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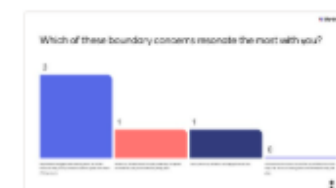
P4OP Effective Bounda...



One of the biggest challenges parents of elite junior athletes face is knowing when to step in and when to stand back



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EFFECTIVE BOUNDARIES: FINDING THE BALANCE

- Optimal performance: motivation, confidence, support, and continuous learning and growth
- You and your athlete are ***separate beings*** with separate feelings, thoughts, and motivations
- Boundaries enhance
 - your athlete's *performance*
 - your athlete's *healthy development*
 - your athlete's *relationships*

EFFECTIVE BOUNDARIES FOR ATHLETES



PHYSICAL – wellness habits, injury, burnout



EMOTIONAL/MENTAL – motivation, focus, mindset



TIME – scheduling, showing up ready to play, balance



PERSONAL/RELATIONAL – healthy relationships, communication

Which of these boundary concerns resonate the most with you?



My athlete struggles with setting limits on others because they worry someone will be upset with them if they say no.



When my athlete does not play well they complain and blame everyone and everything else.



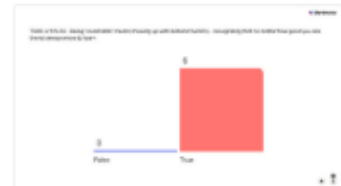
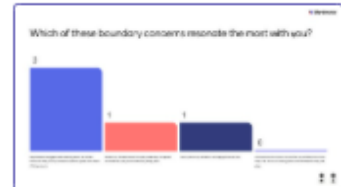
I worry that my athlete is unhappy/burned out.



I know that the more I can do for my athlete, the more they can focus on their game and the better they will play.



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EFFECTIVE BOUNDARIES: PARENT ↔ ATHLETE



Ownership



Intrinsic Motivation



Coachability

FOR YOU: A SIGNIFICANT TRANSITION

"Adulthood" = shift from doing something FOR or WITH your child to supporting your child to do it independently

- Often feels uncomfortable and unnatural
- Hard to hold back on doing for or giving advice, **even when you understand that your athlete will benefit** from finding solutions and solving problems on their own
- The "Growth Edge" can be sharp!

EFFECTIVE BOUNDARIES: PARENT PERFORMANCE SKILLS



- Self-Awareness (leads to **Ownership**)
- Autonomy and Purpose (leads to **Intrinsic Motivation**)
- Growth Mindset (leads to **Coachability**)



DB

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P4OP Effective Bounda...



TRUE or FALSE - When negative things happen it is best to unconditionally support my athlete by focusing on the external factors that went wrong.

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False

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True

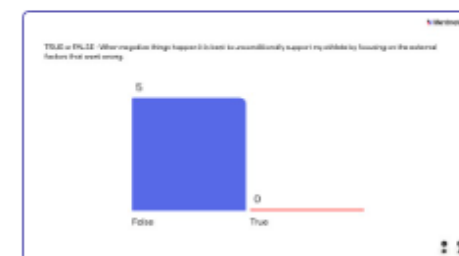
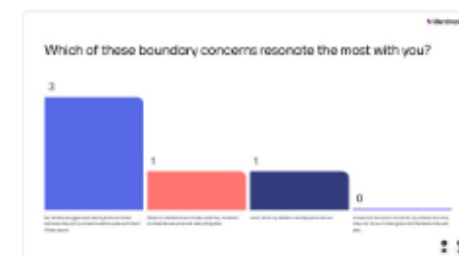
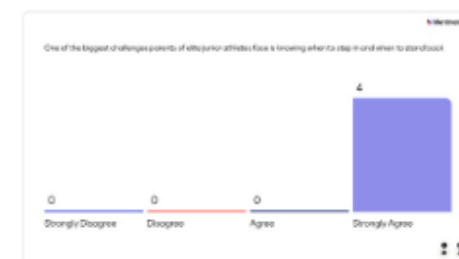
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EFFECTIVE BOUNDARIES: OWNERSHIP

BEING ACCOUNTABLE:
Taking responsibility for
what is under our control

- Expect & Accept
- Honest transparency

PARENTING GOAL:
Notice WHEN

- Blaming, excuses, denial, justification
- Remember your superpower!

PARENTING TOOL:
PROMOTE Self-Awareness

- “What was within your control here?”
- “Is there anything you wish you had done differently?”

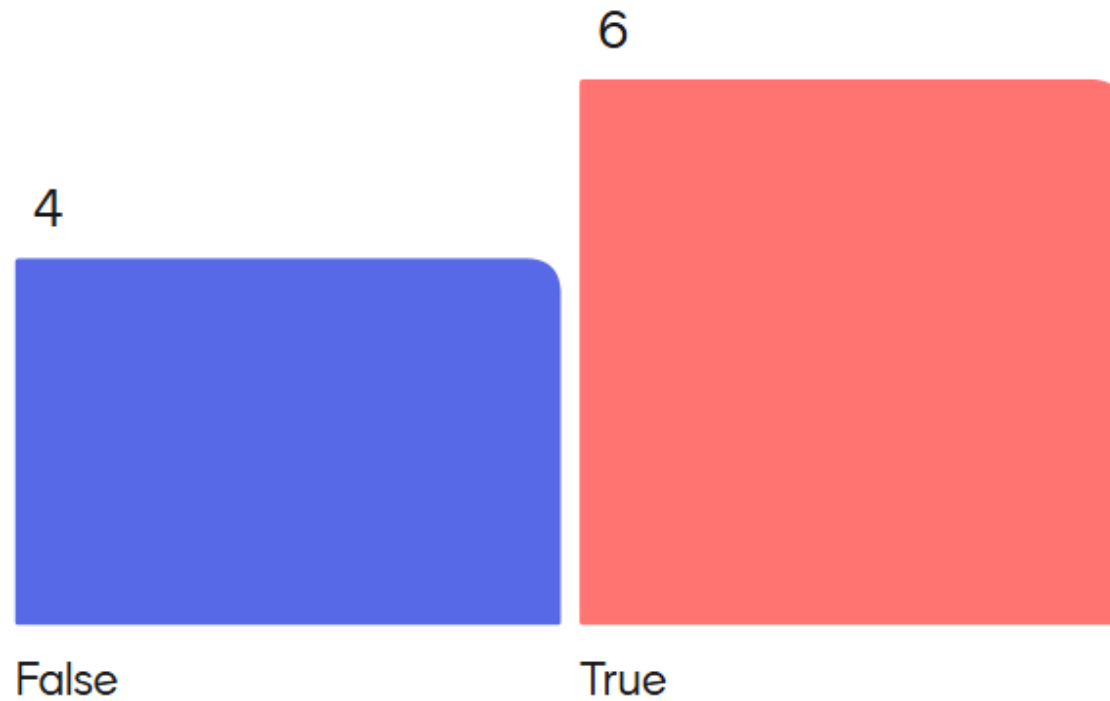
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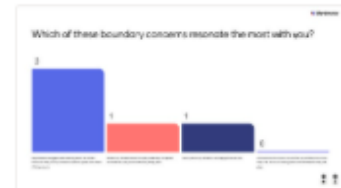
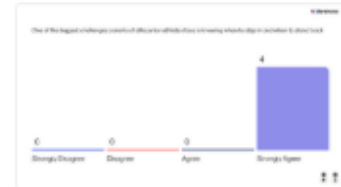
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P4OP Effective Bounda...

TRUE or FALSE - Praising the results of their performance is the best way to keep an athlete motivated.



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EFFECTIVE BOUNDARIES: INTRINSIC MOTIVATION

INTRINSIC MOTIVATION: Drive comes from within

- Autonomy and Purpose
- Energy in the valleys

PARENTING GOAL: Balance PRAISE with AFFIRMATIONS

- Affirmations lead to positive self-talk
- Praise can fade

PARENTING TOOL: “WIIFM” exercise to understand motivations

- What does your athlete love about golf?
- What value does it bring to your athlete?
- What drives them to play and strive?

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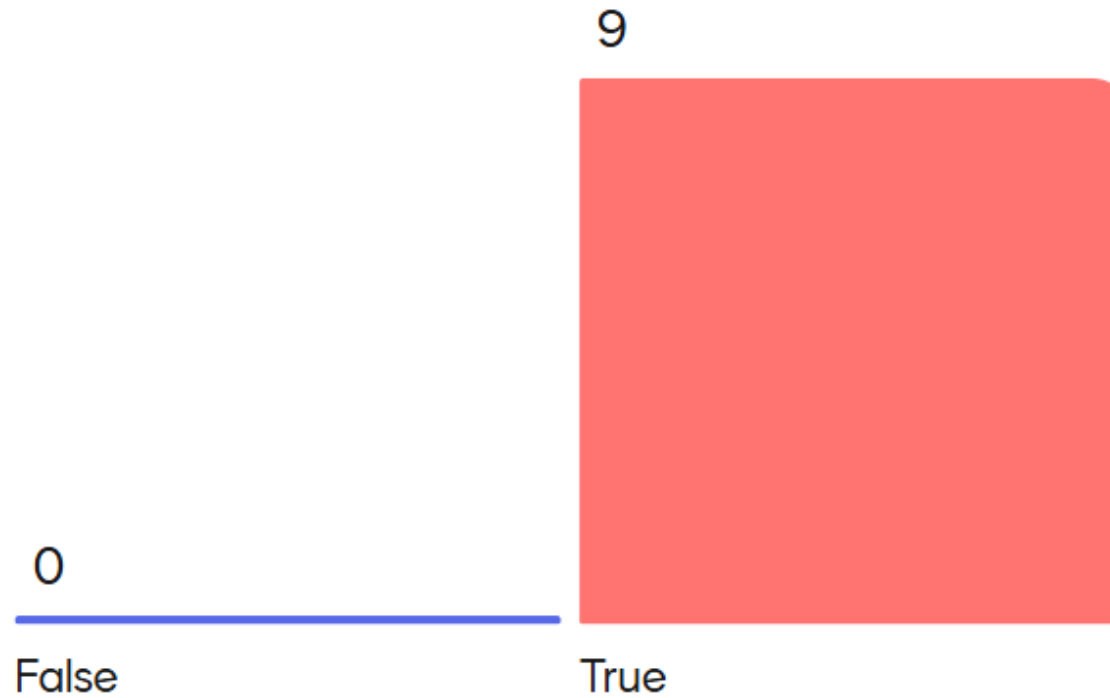
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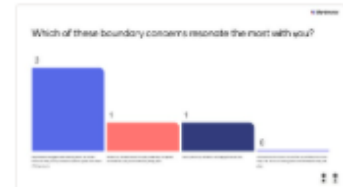
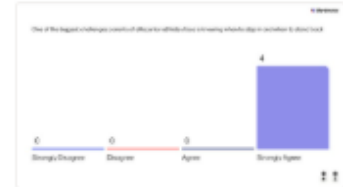


TRUE or FALSE - Being "coachable" means showing up with skill and humility – recognizing that no matter how good you are, there's always more to learn



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EFFECTIVE BOUNDARIES: COACHABILITY

COACHABILITY:

Showing up ready to learn
and grow

- Being fully present
- Open and willing

PARENTING GOAL:

Foster a GROWTH MINDSET

- Belief that you can improve with effort

PARENTING TOOL:

The power of YET

- Add the word “yet” when your athlete makes declarations

KEY TAKEAWAYS

- Effective Boundary Skills for YOUR ATHLETE include establishing limits around physical, emotional, time, and relational goals and behaviors to create safety and space to focus on optimal performance.
- Effective Boundary Skills for YOU include respecting and supporting the limits your athlete sets, guiding them toward independence, encouraging self-reflection, clarifying their motivations, and promoting a growth mindset.
- Think "Oh, I See" to remember the key parenting boundaries of Ownership (O), Internal Motivation (I), and Coachability (C).



THANK YOU!



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