



# PARENTING FOR OPTIMAL PERFORMANCE

PROMOTING WELL-BEING

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U.S. NATIONAL DEVELOPMENT PROGRAM

# PILLARS FOR OPTIMAL PERFORMANCE

Emotion Management

Communication

Promoting Well-Being

Effective Boundaries

# PROMOTING WELL-BEING: WHY DOES IT MATTER?

- Many athletes and parents see self-care as a “nice to have, not need to have”
- You cannot have long-term sustainable excellence without athlete well-being
- Peak performance skills:
  - Control the controllables
  - Accept imperfections





DB

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# What words come to mind when you think about well-being?

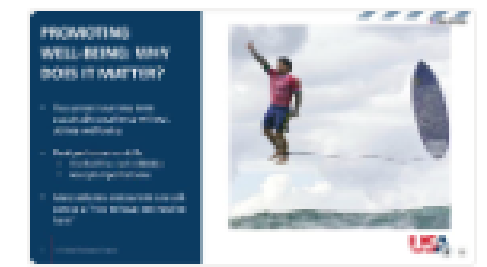
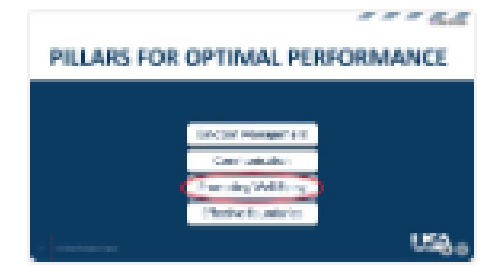


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# OPTIMAL PARENTING PERFORMANCE PILLAR #3: PROMOTING WELL-BEING



**PHYSICAL:** Sleep, rest, hydration, nutrition



**MENTAL:** Healthy screen use, mindfulness, self-talk



**EMOTIONAL:** Managing stress, confidence, self-compassion



**RELATIONAL:** Being a good human, coachability

# WELL-BEING: SLEEP HABITS CHECKLIST



Set *and follow* a general sleep schedule



8-9 hours a night to optimize recovery and retain muscle memory



30 min screen-free wind down (SCREENS OUT OF BEDROOM)



Naps OK if needed; not longer than 20 minutes



Review ingredient lists of all energy drinks

# PHYSICAL WELL-BEING TOOLKIT: SLEEP & REST

## **ASSESS** habits

Where can your athlete  
make changes?

## **SHARE, don't TELL** facts & stories

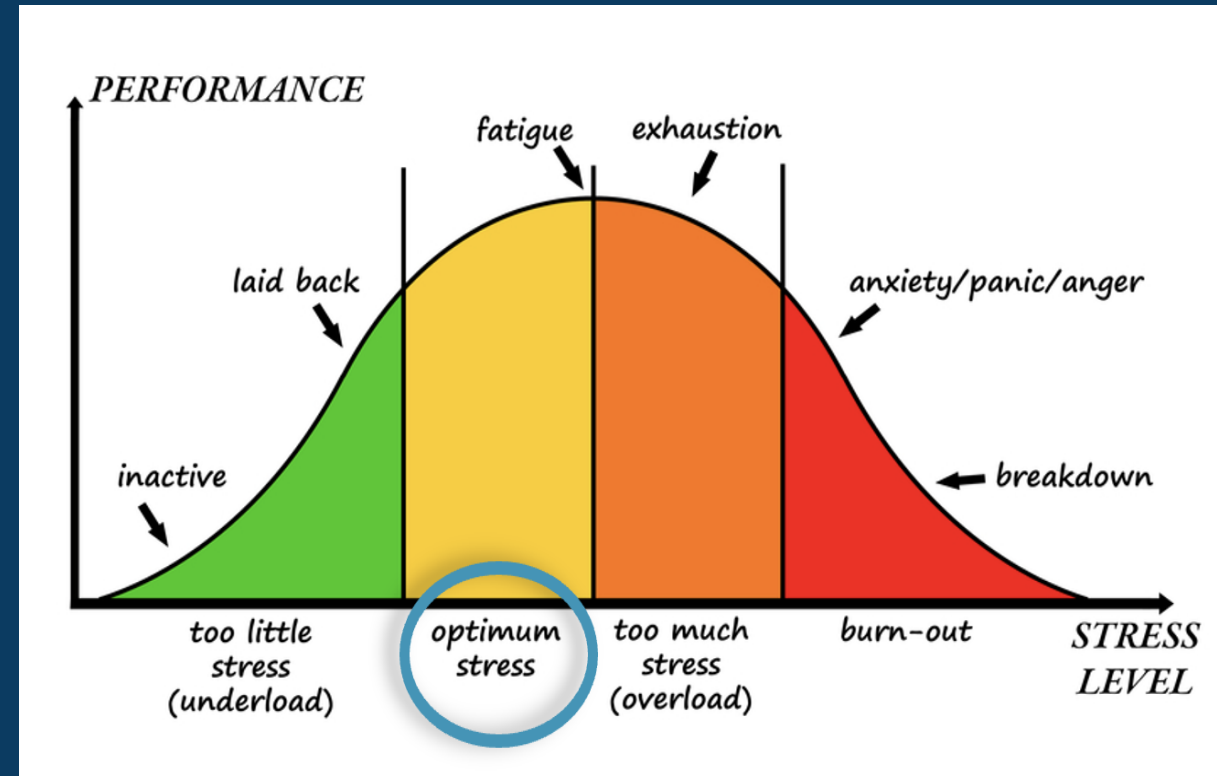
"Have you heard about...?"  
or  
"I have never considered sleep  
as a performance  
booster...what do you think  
about that?"

## **MODEL** quiet wind down activities

Stretching, practice  
gratitude, journaling,  
screens out of bedroom

# PROMOTING EMOTIONAL WELL-BEING: STRESS MANAGEMENT

- Eustress vs. Distress
- Manage stress, don't suppress it
  - Reframe: stress is part of the process of growing
  - Mindfulness: be in the moment, let go of mistakes, accept doubt as "it is what it is"
  - Regulate: Self-compassion, breathing
- Stress Busters: activities that provide intrinsic joy away from golf



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Can you name 2-3 effective "stress busting" strategies that you use?



exercise  
sleep nap walk my dog  
jogging music deep breaths  
talk to a friend



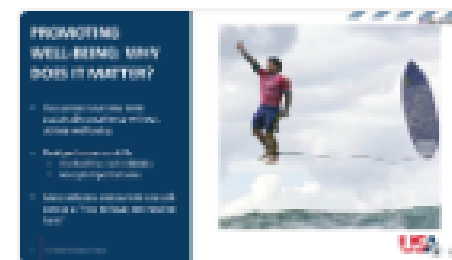
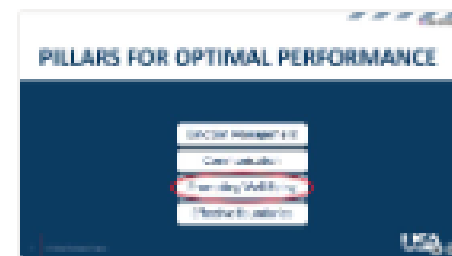
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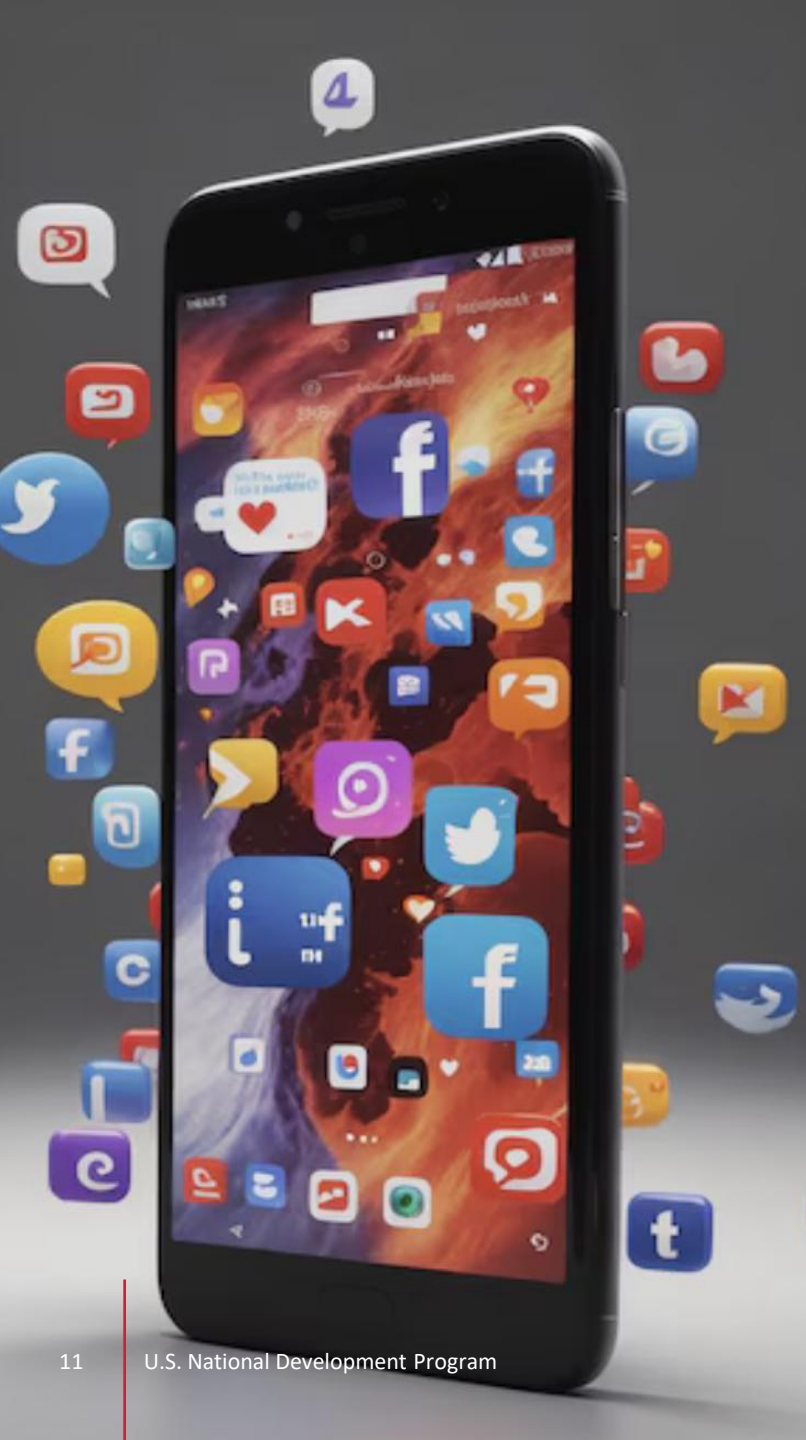
# EMOTIONAL WELL-BEING TOOLKIT: MANAGING STRESS

## For Your ATHLETE:

- ✓ Bring awareness to mindfulness: the golf ball does not know what just happened
- ✓ Praise the person, not what they do: “I love that you are \_\_\_\_\_.”
- ✓ Adjust expectations when needed
- ✓ Know how to ask for help

## For YOU:

- ✓ Ask: is this a paper tiger, or a real tiger?
- ✓ Watch for stress contagion
- ✓ Bring yourself to be in the moment  
Invest in “feel good” emotions:  
practice gratitude
- ✓ Remember your Superpower



# MENTAL WELL-BEING: SCREEN USE

- Tricky: parents are digital natives being raised by digital tourists
  - Pros and cons; goal is media literacy + intentional use
  - Consider what we are NOT doing when we are on our phones
  - Smartphones impact how we relate to one another
- Risks of (excess) use
  - The Great Rewiring: 4 fundamental changes (J. Haidt)
  - Social media can negatively impact your athlete's mental health; correlation between hours of SM use and mood/anxiety symptoms
    - Passive, isolative experience that thrives on anonymity
    - Surges of dopamine: algorithms based on same intermittent reward models used in casinos
    - Screens erode sleep

# MENTAL WELL-BEING TOOLKIT: SCREEN USE

**KNOW** how your athlete is spending their time on screens

Communicate your interest, be curious, let them be the expert

**Collaborate around appropriate LIMITS**

Screen free zones  
Digital sunsets  
OneSec

**WATCH** for signs of problematic use

Avoidance  
Primary coping tool  
Difficulty concentrating  
Signs of withdrawal



# RELATIONAL WELL-BEING

- Be a Good Human First
  - Be kind to yourself and others
- Be Connected to family, friends, & community
  - In real time, with real people
- Be Coachable
  - Show up ready to learn & be accountable

**TOUR**  
CHAMPIONSHIP

**TOUR**  
PLAYOFFS

**TOUR**  
CHAMPIONSHIP



**TOUR**  
CHAMPIONSHIP

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Southern  
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**TOUR**  
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**TOUR**  
CHAMPIONSHIP



Southern  
Company



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**FedEx**  
PLAYOFFS

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# RELATIONAL TOOLKIT: BEING A GOOD HUMAN

## For Your ATHLETE:

- ✓ Encourage positive thoughts:  
“negative energy is wasted energy”
- ✓ Consider a “Connection Reflection”
- ✓ (Gently and genuinely) Hold your athlete accountable

## For YOU:

- ✓ Say the right things inwardly AND outwardly
- ✓ Go First! Smile, often
- ✓ Ask yourself: what do you want your 25-year-old child to look like?



**THANK YOU!**



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