



- \_\_\_ 19. Do I provide considerable encouragement by recognizing what my child does right?
- \_\_\_ 20. Do I try to make tennis fun?
- \_\_\_ 21. Do I avoid focusing the majority of our conversations at home on tennis?
- \_\_\_ 22. Do I act calm and confident in my child as he or she plays the match?
- \_\_\_ 23. Do I avoid considering my child's tennis as an investment and that I should receive something in return?
- \_\_\_ 24. Do I treat my child the same following wins and losses?
- \_\_\_ 25. Do I provide my child ample opportunity and resources to be successful in tennis?
- \_\_\_ 26. Do I allow my child some "say" in tennis-related decisions?
- \_\_\_ 27. Do I attempt to keep my own interests in tennis secondary to my child's?
- \_\_\_ 28. Do I avoid getting caught up in tennis and making it over-important?
- \_\_\_ 29. Do I consider my child my son or daughter first, and an athlete second?
- \_\_\_ 30. Do I avoid critiquing my child immediately following the match or during the car ride home?

**TOTAL SCORE** \_\_\_\_\_

- 135-150      Great job mom/dad! You are parenting your child in junior tennis very effectively. Keep doing what you're doing!
- 120-134      You are very effective in parenting your child in tennis. Find any items that you scored 3 or below and set a goal to improve.
- 105-119      At times you are effective parenting your child in tennis, but there are some behaviors that may be negatively influencing your child's experience in tennis. Review your ratings and then set a goal to improve scores below a 3.
- 90-104        There is a good chance that you are negatively influencing your child's tennis experience. Review your ratings and then read the USTA's parenting book. This will help you develop ideas for improving your child's tennis experience.
- 89 and below    You are negatively influencing your child's tennis experience. It is important that you think about your child's goals and why he or she plays tennis. Reflect on your perspective of junior tennis and how it differs from a healthy perspective of developing the child and having fun in tennis. Please review the USTA's parenting book, and set a goal every week to improve as a tennis parent.