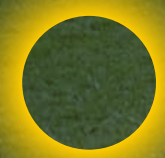


SUNCORP



#TEAMGIRLS

toolkit

checklist

Suncorp #TeamGirls Ambassador,
Rebecca Sparrow's simple ways to
help keep your girl playing sport.

Is your daughter begging you to let her quit playing sport?

The key is to have a conversation where you try to uncover why she wants to stop playing and give her space to tell you the real reason why she wants to stop (refer to the #TeamGirls 'Let's Chat' guide). Before you agree, try the following:

1. Time management.

Offer to look at her weekly schedule and look at her time-management. If she's saying she's too busy, you may be able to find some gaps in her timetable to make time for training.

2. Make it fun again.

The competitive nature of sport is a turn-off for many girls. If that's the issue, see if you can find a community club with a social team, or she could drop down a division (or two!) at her current club. Sport should be fun!

3. Options galore.

She may no longer enjoy playing her current sport. Take a look at the #TeamGirls Sports Guide together and suggest that she try a different sport instead like tennis, basketball, hockey, soccer, touch football, cricket, AFL or gymnastics.

4. A second tribe.

Highlight the benefit of having friends outside of her school friendship circle. Having a group of girls who've got your back and help you feel like you belong is a great benefit to every tween or teen girl. Two tribes are better than one!

5. Get honest.



Ask her if YOU are the problem! If you're an enthusiastic "yeller" on the sidelines when she plays, you may need to tone it down when she plays.

6. Think of the benefits.



Remind her that sport helps build her confidence and self-esteem because it makes us feel strong. Her body is a tool not an ornament! Girls who play sport also do better at school.

7. Be a role model.



A great way to encourage our kids to keep playing sport is to model it ourselves! New research from the Australian Sports Commission shows active parents are more likely to have active kids (ASC, 2017). If you're active – or even better – involved in a team sport your child is far more likely to follow your lead.



Start playing. Keep playing.
suncorp.com.au/TEAMGIRLS