

**Media Contact:** Camille Heidebrecht, (617) 860-2514 or camille@teenlife.com

***Life with Teens* Magazine Highlights The Role Parents Should Play in Teen Sports**

**Boston, MA** —TeenLife Media, a print and online media company that offers comprehensive information and resources for parents and teenagers features the article ***Suit Up for Sports*** in the spring issue of *Life with Teens* magazine. It provides excellent tips on how parents can take an active role in helping their child get the most out participating in youth sports.

"Of course, parents should always enjoy watching their teen participate in sports, but it is always nice to remind parents of their role on the sidelines. With a healthy attitude and proper guidance, parents can help teen athletes not only enjoy the benefits of sports, but also minimize potential risks," states Marie Schwartz, Founder of TeenLife Media, LLC.

**Support your child on the field.** Cheer for your athlete in a positive and respectful manner. Be encouraging. Emphasize fun and effort, not results and winning.

**Help your teen set attainable goals toward which to work.** Your child can’t control how fast the other swimmers at a meet swim, but he can strive to improve his own time.

**Keep communication open.** Check in with your teen to ensure they are still enjoying their sport. Ask open-ended questions rather than just inquiring about the score of the game. Of course, discourage them from quitting midseason, but allow them to express concerns and feel comfortable voicing their doubts about continuing to play a sport once the season is over.

**Encourage your teen to explore interests in addition to sports.** While being an athlete can help build self-esteem, it is important for teens to define themselves by a wider lens. A teen that derives all of his or her self-worth from a sport can be devastated if he has to give up that sport—either because he got cut or injured. A teen that defines himself in several ways, rather than exclusively as an athlete, will ultimately be a happier person.

**Use recent news in professional sports** not only to show how the hard work and dedication of some elite athletes, such as Aly Raisman, are truly inspiring and pay off. But also to show how the Lance Armstrong and Roger Clemens stories illustrate that using banned drugs is not the way to succeed.

**Get to know your child’s coach.** Good coaches will not only foster team spirit and advance athletic abilities, but will also inspire your teen to play to potential and grow personally without too much parental involvement. Teens should feel comfortable talking to their coach when problems occur.

**Encourage plenty of sleep, balanced meals, and sports-free days** so his or her body can rest. Also, promote balance between sports and non-sports activities and model healthy behaviors.

**About *Life with Teens* magazine:**

*Life with Teens* magazine (www.teenlife.com/LifewithTeens) is published by TeenLife Media, LLC, the “go to” source for parents, educators, and teenagers nationwide who are seeking programs and services for college-bound students in grades 7 - 12. Our award-winning website, e-newsletters, specialized guides, and signature events feature thousands of enrichment opportunities that “bring out the best” in teenagers. These include summer programs, community service opportunities, academic experiences, and gap year programs – regionally, nationally and abroad. Access to all of TeenLife's resources is free for registered parents, educators and students at www.teenlife.com.

####