

- ___ 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.