

# The Bulletin Board

## Allowing Children to Enjoy the Experience

I think an 11-year-old kid needs to be allowed to be 11 years old. Over structuring their lifestyle isn't the right way to approach any type of activity. A lot of time kids show promise in different areas, whether it be in swimming or school or any other activities, sports-related or not. As parents we encourage that and enjoy that. Sometimes we get a little carried away with how we think their life needs to be directed. The most important thing is that your child enjoys the experience. That's an important question to ask them and to look and see if they're really enjoying what they're doing. If they're not, and we're living our life through our children, we have to be careful. If that happens, chances are they won't remain with the sport for very long.

*Frank Busch, University of Arizona Head Coach*

**A** is for accountability.

Hold your children accountable for their behavior.

**B** is for boundaries. Set specific limits and make clear the repercussions if they're exceeded.

**C** is for consistency. Hold to the same principles and practices.

**D** is for discipline. Never discipline in anger.

**E** is for example. Set a good one.

**F** is for forgiveness. Teach the importance of it.

**G** is for giving. Teach the joy of it.

**H** is for sense of humor. Promote laughter with your children.

**I** is for imagination. Be creative, and play with your children.

**J** is for justice. Be fair.

**K** is for knowing your children's friends and their parents as well as their teachers.

**L** is for listening. Listen to your children. It will teach them how to listen to others.

**M** is for morals. Be sure your own standard of conduct is sound.

**N** is for no. Use it and mean it.

**O** is for outdoors. Provide as much outdoor activity as possible.

**P** is for pressure. Reduce the pressure on your children, but insist they maintain high standards.

**Q** is for questions. Pay close attention to theirs.

**R** is for respect. Show it, teach it and earn it.

**S** is for source of strength. Share your own faith or beliefs with your children.

**T** is for togetherness. Have special, designated times to be together-but know when to let go.

**U** is for uniqueness. Let the child be who he or she is.

**V** is for voice. Tone of voice can convey more than words spoken.

**W** is for words. Keep your word.

**X** is for examine. Examine constantly, and be aware.

**Y** is for you. Take care of yourself. A happy parent helps a child to be happy.

**Z** is for zowie! Who would have thought they would grow up so quickly?