Let Your Own Child Come Home From Practice - working notes

One situation. Clear facts. An honest next step.

Agree on when you are acting as coach and when you are simply the parent. Give your child room for ordinary home life, a clear way to ask for feedback and an appropriate route to another authorized coach when useful.

Hypothetical example: A child wants help with a drill at an appropriate time but asks that dinner stop becoming extra practice. The parent agrees and follows through.

01 Notice when the coaching job has followed the child home

Identify where the coaching role is spilling into ordinary home life.

Uninvited coaching moment

Child's stated preference

Ordinary family time affected

02 Make the boundary understandable to the actual child

Discuss a clear home boundary and how the child can ask for help.

Agreed home boundary

How optional feedback is requested

Care or safety concern route

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03 Provide a real route for coaching questions

Confirm an appropriate program route for coaching questions.

Authorized coaching contact

Actual communication arrangement

Policy question remaining

04 Keep a part of the evening that needs no athletic result

Review whether the arrangement leaves room for ordinary family conversation.

Child's feedback after trying it

Adult habit to change

Next review occasion