

Post-Game Parent Conversation Card & Support Checklist

A free printable post-game parent conversation card and youth sports support checklist for the first minutes, ride home and later reflection.

What it is

A one-page conversation card plus a parent self-check. It separates immediate connection, any later account of the event, conduct, and future decisions so one car ride does not become comfort, coaching and planning at once.

Who it is for

Parents and caregivers of young athletes in any sport. Adapt the language to age and temperament. The card is a reminder for the adult, not homework for the child.

When to use it

Agree on preferences before competition. Use the short side in the first minutes and on the ride home. Use the reflection only later, when the athlete wants it and emotions have settled.

Step-by-step instructions

Check your own face, voice and urgency before speaking.

Reconnect before discussing performance: keep warmth steady after wins and losses.

Offer a real choice: talk, quiet, food/music, or company without analysis.

If the athlete talks, listen for the whole account. Do not correct each detail.

Separate three later conversations: what happened; whether conduct needs attention; what, if anything, changes next.

Repair simply if you overstep: name it, stop, and schedule the planning conversation for later.

The actual tool

FIRST MINUTES

CONNECT

"I'm here. We don't have to solve the game now."

OFFER A CHOICE

"Would you like to talk, have quiet, or do something else?"

IF TALKING IS WANTED

"Do you want me to listen, help you think, or leave advice to your coach?"

KEEP SEPARATE FOR LATER

- What happened? Athlete's account first.
- Conduct? One stable standard, independent of result.
- Next decision? Later, calm, proportional to evidence.

Parent support checklist

- My warmth did not depend on the score.
- I met practical needs: water, food, dry clothes, transport.
- I did not turn the ride into a second coaching session.
- I did not discuss money, sacrifice or long-term plans now.
- I accepted "I don't know" or silence.
- If a later talk is needed, we chose a time.

Later conversation time (if needed): _____

Example

After a difficult game, Leo says nothing. His parent says, "I know that hurt. Talk, quiet or music?" Leo chooses music. At breakfast he explains that he felt ignored by a teammate. The parent listens, asks whether he wants help thinking, and leaves technical feedback to the coach. A separate conversation about shouting at an official happens that evening.

What to do next

Print two copies: keep one near your keys and put one in the sports bag. Before the next event, ask the athlete what usually helps—and check again afterward.

[Download the printable PDF](#)