



# Project DITEAM12

Diverse and Inclusive teams for children under 12



Asociación  
**Mi Hijo y Yo**



**European  
Paralympic  
Committee**

PEDAGOŠKI INŠTITUT



**ICSSPE**

SCHOLA EMPIRICA

**NEOMA**  
PSICOLOGIA Y DEPORTE



# COMMUNICATION WITH FAMILIES

## Tips to enhance family-club communication

- What is this competence?
- Why is this competence needed?
  - How could children/ parents/ coaches benefit from this competence?
- How can this competence be achieved?



# CREATION OF A SCHOOL FOR FAMILIES

- 1) Create a space for communication between families and the club.
- 2) Establish regular meetings with families (before, during and at the end of the season).
- 3) Establish follow-up sessions with the families to evaluate the academic evolution of the athlete during the course.
- 4) Offer training to families on topics of current interest.
- 5) Offer educational or psychological support to the families most in need.



# TRAINING TOPICS TO OFFER TO FAMILIES

- 1) Addiction prevention
- 2) Control and management of new technologies
- 3) How to create positive environments at home
- 4) How to combine studies and sports
- 5) How to create a study schedule for my children

# HOW TO HAVE A GOOD MEETING WITH FAMILIES



- 1) Listen to their demands, complaints and needs.
- 2) Make them feel understood
- 3) Ask them: What do they expect from the club? How can they be helped?  
How can we help them with their children?
- 4) Reach an agreement by setting goals.
- 5) Getting started



## HOW TO INVOLVE FAMILIES IN YOUR CLUB

- 1) Select tasks within the club that can be delegated to parents.
- 2) Select delegates or representatives from the parent groups to communicate with them.
- 3) Allow families to join the training sessions, in shifts, so that they can experience the training sessions.
- 4) Allow a parent to take turns accompanying the team (in the case of team sports) in competition.
- 5) Involve families in the sports objectives of their children (making them participants, helping in decision making, helping in the establishment of objectives, etc.).

## SESSION TO WORK ON "COMMUNICATION WITH FAMILIES" WITH COACHES THROUGH REFLECTIVE QUESTIONS.

**A) Why do you usually communicate with families? What is the main purpose of these meetings?**

**B) On a scale of 1 to 10, where 1 is "a little" and 10 is "a lot". What is your level of communication with your athletes' families?**

**C) What could you do to increase 1 point on this scale?**

**D) Think of a time when you have had good communication with families or a successful meeting with families. What went well? What did you do to make that meeting go well? What was key to the success of that meeting?**

*(If there is an opportunity to answer these questions with a group of coaches, you can share the results with each other and create a list of responses.)*





# Activities





[Activities]

Google form  
questionnaire  
for parents

answer the questions in the questionnaire



# Activities





# [Activities]

creating 10 sports  
behaviour values  
for families

**ENGLISH SCHOOL**

## The Decalogue for a Happy & Healthy School Environment

- 1** ▶ **We are all different and unique**, be friendly and polite to everyone.
- 2** ▶ **Respect people wherever you are...** Respect yourself.
- 3** ▶ **Respect the places around you** (school, street, home, parks, nature... Planet Earth).
- 4** ▶ **"Please", "Thank you" and "Sorry"...** three words that should always be on the tip of your tongue.
- 5** ▶ **Treat others as you like to be treated:** be kind, considerate and patient.
- 6** ▶ **Think before you act. Think before you speak.** Remember: what sounds good to you might be offensive to someone else.
- 7** ▶ **Ask for help** if you need it.
- 8** ▶ **Help others** when they need it.
- 9** ▶ **Do not be a passive witness.** Report what you know to be wrong or bad. Together we can all help each other.
- 10** ▶ **Be positive.** Never give up!



# Good Practices



[Good Practice  
example]



Each family gives the  
premises of family  
values to the  
opposing families  
team in the  
competition



# Think/ Practice!

What are the main conclusions you draw from this workshop regarding communication in formative sport?

