

Encouraging All Kids to Play:

10 Conversation Starters to Get Your Kid Excited About Youth Sports!



Finding out if your child is interested in youth sports starts with a simple conversation. Research shows that YOU – parents and caregivers – are one of the most important factors influencing a child’s decision to play sports. Connecting with your child about all the reasons they’ll love park and recreation youth sports is the first step to getting kids in the game.

Youth Sports

- Increase kids’ chances of growing up healthy.
- Help students thrive in school and in future careers, too.
- Support kids with building friendships and learning skills like respect and teamwork.
- And, most importantly, give kids a place to have fun!

5 Supportive Messages: *Why Kids Love Sports*

Consider talking to your child about the top 5 reasons kids might love youth sports to get them interested. Remember, having fun is the #1 reason kids say they play sports in the first place!

To start talking with your kid about enrolling in sports, here are **5 supportive messages** your child wants to hear from you:

1

You’re going to have FUN.

Playing sports isn’t about winning or losing, the most important thing is having fun!

2

You’ll get to spend time with your friends.

You and your friends can sign up for the same sport. Sports are a great way to make new friends, too!

3

When it comes to sports, I’m here to listen and support.

What matters to you matters to me.

4

Everyone gets a chance to play together, and the coaches will make kids of all backgrounds and abilities feel included.

The coaches in our local park and recreation program will support you. They make sure that everyone gets a chance to try their best.

5

You can try lots of sports or find one you love.

You can try out different sports and see what you like. After playing a few sports, maybe you’ll find one sport you love and want to play more!

5 Questions: *Ask Kids What They Want*

Create space for your child to start the discussion. Asking your kids what matters to them encourages open dialogue about what activities they find interesting.

Ask these 5 easy questions to invite your child to lead the discussion.



There are so many different sports out there to try! Which sports sound like fun to you?



Are you interested in trying out a new sport or playing [INSERT SPORT YOUR CHILD HAS TRIED] again?



Would you want to try a sport you play on your own, like running or skateboarding, or would you want to try a sport where you're playing on a team, like soccer or volleyball?



Are there any sports your friends play that you'd be excited to try?



Do you want to look at the fun options offered by our community's park and recreation agency together?

What's Next?

- Check out the programs offered at your local park and recreation agency.
- Learn more about other families who love park and recreation sports: <https://parkandreckid.org/family-stories>.
- Share this guide with other parents and caregivers in your community.

Not every child may be interested in playing sports. Park and recreation agencies offer a wide range of activities like art classes, gardening education, STEM programming and more. Be sure to check out your local agency's offerings with your child to find an activity that excites them!