LESSON 1 OF 30 · TOPIC 1 · A RELATIONSHIP YOUR CHILD CAN RELY ON

What do you say on the way home after a loss?

You'll let your child know you're there and leave it to them to choose when to talk.

THE SITUATION

The car door clicks shut. Your daughter puts her racket down and looks out of the window. You're still thinking about that easy volley at forty-fifteen. She had two match points and still lost. What will you offer her before you start the car?

Your child lost from a strong position. When would you bring up the last two points?

MY OPENING LINE

Your child says: 'I bet you thought I'd finally win.'

MY COURTSIDE PLAN

Example from the lesson. When we close the car doors, I'll offer a choice and wait. The next time we're about to leave the court.

When _____

I'll _____

When will I next get a chance to try this?

CHECK-IN AFTER 7 DAYS

Date _____

- [ ] I tried it in real life
- [ ] I practised the scenario again
- [ ] I haven't had the chance yet

What did I notice?

Try saying your opening line with the car keys in your hand. Next time, even if you're disappointed, you'll have the words ready.