

## Southington Community YMCA Youth Programs

### Parent Resources:

1. It's Just a Game! Youth, Sports & Self Esteem

Darrell H. Burnett, Ph.D.

“The book’s theme is straightforward: kids have enough pressure in life, and youth sports should not add to it. Youth sports can and should promote self-esteem, offering every youngster an opportunity to enjoy the simple fun of participating in sports, while learning skills, feeling good, and building positive childhood memories.”

2. 101 Ways to be a Terrific Sports Parent

Dr. Joel Fish with Susan Magee

“In *101 Ways to be a Terrific Sports Parent*, Dr. Joel Fish, a sport psychologist who is also the dad of three young athletes, shares both his clinical expertise and practical experience to help parents develop a deeper understanding of the many issues that surround the young athlete.”

3. Just let the Kids Play: How to Stop Other Adults from Ruining Your Child’s Fun and Success in Youth Sports

Bob Bigelow, Tom Moroney and Linda Hall

“Focusing on the five most popular sports, the authors outline ways to set up teams that foster fair play, skill development and social interaction. With anecdotes and interviews from sports greats, officials, parents and coaches, the book provides a glimpse of adults who’ve gone over the top, plus advice on how you can keep yourself and others in check.”

4. Home Team Advantage: The Critical Role of Mothers in Youth Sports

Brooke de Lench

“Home Team Advantage is an essential resource manual that will inspire women to confidently tackle some of the issues preventing their kids from enjoying sports. Packed with real-life anecdotes and information from experts, Home Team Advantage provides constructive, practical and forward-thinking advice to help mothers understand the critical role they can play in putting the words *fun*, *game* and *play* back into youth sports.”