



# CHAMPION

## MINDSET GROUP

WWW.CHAMPMINDSET.COM

## Helping Youth Athletes Recover From Mistakes & Setbacks

### A Parent's Quick Guide to Building Resilience

Mistakes are not a sign that something is wrong—they are a required part of athletic development. How young athletes respond to setbacks is shaped more by parent reactions than the mistake itself.

#### 1. Normalize Mistakes

Mistakes mean your child is challenging themselves, not failing.

Helpful phrases: "Mistakes are part of learning." "This is how you get better."

#### 2. Regulate Yourself First

Your athlete takes emotional cues from you. Pause, breathe, and respond calmly.

#### 3. Shift From Outcome to Process

Focus feedback on effort, preparation, decision-making, and response after mistakes.

#### 4. Keep the Car Ride Home Safe

Let your athlete lead the conversation. Ask: "Do you want feedback or support right now?"

#### 5. Teach Reset Skills

Deep breath, cue word ("Next"), or a simple physical reset.

#### 6. Praise the Response, Not Perfection

Confidence grows when athletes know they can handle mistakes.

**Remember:** You're not raising the best youth athlete—you're developing a resilient human.