



TOP 5 WAYS TO BE A V.I.P – Very Involved Parent

The following is a list of five ways that you, as a Very Involved Parent, can **take an active role in your child's journey** toward becoming a **Black Belt Champion in Life!**

1. Teach your child the **importance of being on time for class**. When it comes to regular classes, our Kyoshi always reminds us "It's better to be 15 minutes early than 1 minute late." This helps develop a sense of responsibility, with your child getting ready for their Hapkido lessons.

Help them get in the habit of getting into uniform early, and checking to see that they have all the required items. Such as their belt, weapons or required safety equipment. When a child comes late for class they experience a negative feeling for the start of their class. They miss out on saying the student creed and if allowed to happen over time, tardiness will develop into a habit that shows up in every area of their life.

2. **Stop in to Watch and Observe your Child in Class**. We are all busy people and it may be tempting to drop your child off to class while you run an errand or two. While this may be acceptable once in a while, it should not become the norm. Your child will perform better knowing you are watching, especially if you are really watching. Children like to please their parents; staying to watch your child will develop a sense of pride and accountability for their efforts in class.

PRIDE stands for...Personal Responsibility In Daily Effort!

3. **Volunteer to Hold Targets or to be a Safety Coach**. We often run drills where parents are encouraged to help out by being a target holder or even a safety coach during our sparring/reaction training. Be willing to remove your shoes and step onto the mat to help out. Your child will love having you in his/her line holding the targets for him/her to strike. Being a safety coach allows you to coach your child, as well as others, a little closer than from the sidelines. Again, your child will love having you close by.

4. **Maybe you can let your child be the instructor, and you can be the student for a while**. Then switch the roles. If children look at practice as something that's fun to do, they will do it without you having to push. Kids like accessories; invest in some hand targets and kicking shields that will allow your child to really get into their practice sessions with you at home. (Any equipment you see us use on the floor can be ordered and purchased at our pro-shop.) Plus it will help save your pillows and furniture in your home.

5. **Follow the Praise - Correct - Praise formula when working with your child**. Getting too critical of your child's form or detail will only put up a wall between you and them. Understand that with time and training, your child's skill will develop to unbelievable levels. When correcting, be what we call a Good-Finder. That is to point out all the good you see and sandwich it around any corrections you may suggest. You know the old saying, "You catch a lot more bees with honey than you do with vinegar!" Your child will respond to the positive praise much better than they ever will by pointing out all the areas they need to work on. Spoon-feed the corrections and smother the praise and you'll see your child's confidence and skills grow at an amazing pace!

These are just a few ways to be a V.I.P. even if becoming a student yourself is not right for you. Remember to **Team Up and never Give Up** when it comes to keeping your child on track with their martial arts training and progress.

Dedicated to your Success,

Your Team at Sunshine Coast Karate