



It's Just a Game! Youth, Sports & Self Esteem: A Guide for Parents

Darrell Burnett Ph.D.

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In place of a 3rd printing of his original book, Youth, Sports, & Self-Esteem: A Guide for Parents, Dr. Darrell Burnett, a published authority on parenting, decided to revise his popular book, adding some sportsmanship checklists, and changing the title to It's Just a Game! to reflect the importance of keeping youth sports in the proper perspective. While discussing the psychology of youth sports, Dr. Burnett not only points out how sports can strengthen a child's self-esteem, he offers specific practical positive parenting guidelines to help make it happen. Topics include: *The four cornerstones of self-esteem*12 guidelines for promoting children's self-esteem through youth sports*Case examples, photos, cartoons, references*Skill, behavior, and sportsmanship checklists*A Parent Attitude & Behavior Checklist for youth sports*A list of 86 Ways To Say "Very Good!"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. Dr. Burnett's book gives parents a blueprint for building those memories.

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Callie Allen:

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