

Building Confidence and Self-Esteem in a Skater

As your child skates and prepares for competition and tests, it is important that you encourage and praise your child for a job well done.

If your child has a discouraging day at the rink, explain to him or her that not all skating days can go perfectly. Tell your child how proud you are of what he or she has accomplished in skating so far.

When a child can't land a certain jump

As time goes on, having a good day at the rink and landing lots of jumps may be the only thing on your child's mind that means success.

Tell your child to be patient and not to expect to "get certain jumps" right away.

Watch and encourage as your child practices and praise as you see an improvement.

When your child competes, explain that winning is not necessary to be successful

Go into each competition with an attitude that the experience of being there alone means success. Developing and improving skills as a child trains for an event makes a successful skater.

If a child does not pass a test, work hard for "next time"

Taking a figure skating test and not passing can be very discouraging for a skater, so always approach each test with an attitude that there is always a chance to try again if a skater does not pass. Read what the judges suggest to fix and work hard to fix those things. Remember that U.S. Figure Skating test standards are very high. It is rare for a skater to pass every single U.S. Figure Skating test on the first try.

Don't compare your child to others

Not comparing your child to other skaters is a difficult task for a parent. It will seem at times that a child who was once doing the same things as your child is progressing at a quicker pace or mastering more skills. You may find yourself and your child not understanding that everyone progresses in figure skating at an individual pace and that success in the sport comes quicker to some than others. Do not look at others' successes with an attitude that your own child is a failure; instead, spend time looking at how much your child has accomplished in figure skating!