



# **JSK BLACK BELT** **PARENTING TIPS**

## **7 Keys to helping your child get the most out of their Martial Arts training:**

1. Congratulate your child on making the choice to come to class today and fulfilling their commitment to becoming a Black Belt Leader.
2. When your child looks over at you during class, support them with a positive sign of encouragement.
3. Help your child stay focused by letting the instructors and assistants do the work when it comes to making corrections.
4. Please step outside if you have a younger child requiring your attention.
5. A high energy classroom is important and we love noise during class! However, it is better for our students if they are the ones making it. Thank you for turning off cell phones while paying attention to your child's class.
6. After every class spend time with your child discussing their training. Focus on "what" they did instead of "how" they did. This will build their confidence and excitement about their next class.
7. As your child begins class give yourself a "pat on the back" for being a caring, committed parent and for supporting your child in all that they do. They may not thank you for years to come but remember you are making the biggest difference possible.

