



READY RUGBY

IT'S ALL ABOUT THE GAME

Newsletter

March 08

Parents Corner

Welcome to our February Newsletter.

This month we decided to tackle the following topics;

Does Your Kid Have an Attitude Problem?

Nothing pushes a parent's buttons more than being on the receiving end of back talk from her own child. But get into a major power struggle

What's Age-Appropriate Activity?

The best way for kids to get physical activity is by incorporating regular exercise into their daily routine. Toddlers to teens need at least

60 minutes on most (preferably all) days.

Raise Your Game

How can you use sports psychology to help athletes mentally prepare themselves?

Enjoy your reading and don't forget if you have a topic you would like covered e-mail it to jason@readyrugby.com.au

Yours in Rugby
The team at Ready Rugby

Does Your Kid Have an Attitude Problem?

How to Reclaim Respect

Nothing pushes a parent's buttons more than being on the receiving end of back talk from her own child. But get into a major power struggle and you'll just stress out more – yelling isn't going to win you respect. And simply ignoring your kid's 'tude problem won't make it miraculously disappear either. "The biggest mistake we make is assuming rude behavior is a phase that will go away on its own," says Michele Borba, PhD, Parents advisor and author of *Don't Give Me That Attitude: 24 Rude, Selfish, Insensitive Things Kids Do and How to Stop Them*. Our age-by-age strategies will help you stay calm in the heat of the bratty moment and jump-start your kids on the road to respectville.

6-Year-Olds: Sarcastic & Sassy

Dinner's almost ready and you call out from the kitchen, "Are you ready to start setting the table?" As usual, your kid barely looks up from his Game Boy. After you ask him several times, he says mockingly, "I don't know. Am I?"

Brat Buster: Kids this age actually love a chance to give a little back talk. It fits perfectly with a school-age child's sense of humor, desire to test you, and quest to stake out some independent territory. "Your mistake was asking your child a question instead of giving a direct instruction," says Karin L. Price, PhD, a clinical psychologist at Texas Children's Hospital's Learning Support Center for Child Psychology. "If you make it a request, then you're inviting him to decline."

Big Picture: Friends are a huge influence on a 6-year-old. Your child almost can't help himself from bringing home the snarky comebacks that spread like a virus around the playground. Even if you're super strict about the TV, movies, and video games your kid is exposed to, the best-loved popular culture of the grade-school set is filled with potty humor and name-calling – an all-out celebration of brattiness itself. Now's the time to start laying down rules about appropriate ways to talk in front of adults versus around their friends. Since fitting in is so important, you don't want to take the joy out of playground chatter, but be clear and firm about your expectation: Rude retorts are banned when grown-ups are around. Finally, don't forget to praise him when he's polite. "It's much easier for your kid to know how you want him to act when he gets positive feedback for his good behavior," says Dr. Price.

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What's Age-Appropriate Activity?

The best way for kids to get physical activity is by incorporating regular exercise into their daily routine. Toddlers to teens need at least 60 minutes on most (preferably all) days. This can include free play at home, active time at school, and participation in classes or organized sports.



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Preschoolers

Preschooler need play and exercise that helps them continue to develop important motor skills — kicking or throwing a ball, playing tag or follow the leader, hopping on one foot, riding a bike, freeze dancing, or running obstacle courses.

School-age

In the early school-age years, while kids are learning basic skills and simple rules, there may be only a few athletic standouts. As kids get older, differences in ability and personality become more apparent. Commitment and interest level often go along with ability, which is why it's important to find an activity that's right for your child. Schedules start getting busy during these years, but don't forget to set aside some time for free play.

Teenagers: Teens have a wide array of choices when it comes to being active — from school sports to after-school interests, such as yoga or skateboarding. With teenagers, it's important to remember that physical activity must be planned and often has to be sandwiched between various responsibilities and commitments.

Do what you can to make it easy for your teen to exercise by providing transportation and the necessary gear or equipment. And don't overlook workout clothes. When eight-year olds say, "I'm bored," they often mean that something is too hard. You may need to offer your child some suggestions to help complete an activity.

Listen to the longer, more detailed stories your child writes. Enjoy a children's movie together and talk about it afterwards. Your child will be excited and encouraged by your interest. Eight-year olds can develop and use a simple calendar of family activities. Join your child in building or making something (putting together a model or finishing a sewing project). Your eight-year old will learn to understand and follow directions. Your child can learn about money by helping you as you pay for groceries at the store or for food in a restaurant.

Eight-year olds have a growing interest in "rules" and being "fair," but it's difficult when they don't win in games. Hearing "I know it's hard when you don't win" will let your child know that you understand. Talk with your child about why rules and cooperation are important.



Take a positive step
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Healthy mind, healthy body

Regular sporting activity:

- # Reduces body fat
- # Strengthens bones
- # Aids co-ordination, balance and flexibility
- # Improves stamina and concentration
- # Fights depression and anxiety

Start 'em young!

An active child is more likely to become an active adult, so get them in the habit now!

After all, there's no better way to keep fit and healthy.

Raise Your Game

How can you use sports psychology to help athletes mentally prepare themselves?

JB: I think one of the most important things that sports psychology can help with is to better prepare for competition and training. One of the old adages that coaches use is that practice doesn't make perfect, but perfect practice makes perfect.

For instance, when you turn up for work or a training session, how many times do you actually check in with yourself and see how you're feeling at that precise moment? Are you 100% focused on what you're about to do?

If you're about to start a project or sit down and write an essay, are you 100% focused on that or is your mind still thinking about a phone conversation you had, seeing your friends tonight, what you'll have for tea...? A lot of people don't check in on themselves and it's the same in sport as well.

Athletes will turn up for training and will be thinking about other things. I try to increase the athlete's awareness of what they are thinking about and where their concentration is at that moment. If your concentration isn't where you want it to be, switch focus.

Being aware of the emotional state you are in, and the state you need to be in, is really important. If the two don't match up, you need to do something to change it. One of the main differences that I see between consistent, champion performers and others is that the champions will check-in with themselves.

Those who occasionally do well generally wake up on the day, turn up to the track and, if they're feeling good, then things will go ok. If they're not feeling good, then things won't go ok. They leave it to chance. The champions check-in and if they're not feeling ok, they'll do something about it.

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