



## Its Just a Game Youth, Sports Self Esteem A Guide for Parents

By Darrell Burnett Ph. D.

iUniverse. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.8in. x 5.9in. x 0.6in. In place of a 3rd printing of his original book, Youth, Sports, and 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 Its 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 and 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...



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