In Just Five...Be a Sport

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Organized sporting activities have become a regular part of childhood experiences. From young toddlers enrolled in parent and child movement classes, to preschool- and school-aged sports leagues and beyond, the cyclical nature of practices, uniforms, games and tournaments is a familiar rhythm for many families. What are important factors when looking into group and team sporting opportunities?

Sports Can Help Children Learn:
- a new skill
- to cooperate with other children
- to work with and to receive coaching guidance from adults beyond parents and teachers
- about the satisfaction of physical activity experiences that can extend throughout a lifetime

Parent Considerations When Exploring the Right Sport for Your Child:
- personality and temperament
- developmental stage and physical level
- age and interests
- family resources regarding expenses, time, involvement and volunteering

Remember:
- the goal of fun and enjoyment for your child
- to keep a balance between your child's family, school, homework and other outside activities
- to check with your child's health care provider before beginning a program
- to be flexible as children's interests can change over time


Do you have questions about other family and child care resources? Contact Caryn Jung, MS, Senior Coordinator at jungc@email.arizona.edu or by calling (520) 621-9870. For information about elder care, contact Jan Sturges, M.Ed., LPC, Caregiving Coordinator at sturgesj@email.arizona.edu or by calling (520) 626-4770.