THE E.D.G.E. FOR THE CAR RIDE

Ride Home Reset

Four questions for parents of middle school athletes

START HERE

“I love watching you play. Do you want to talk about the game, or would you rather have some quiet?”

If they want quiet, give them room. If they’re ready to talk, choose **one** question below. Listen to their answer before offering advice.

E Establish Identity

“What’s something about you that’s still true, no matter how today’s game went?”

If they’re stuck, name a quality you’ve seen away from sports: “I’ve seen how patient you are when you help someone learn something new.”

D Develop Daily Habits

“What’s one small thing you’d like to practice before your next game?”

Let them choose. Help them decide when they’ll do it and keep it small enough to repeat.

G Guard Well-Being

“What felt fun today, and what felt heavy?”

Give them time to answer. You can say, “I can see why that was hard,” without rushing to fix it.

E Earn Trust Through Accountability

“What’s one thing your teammates can count on you to do at the next practice?”

Help them choose something they control: showing up ready, owning a mistake, or encouraging a teammate.

BEFORE YOU GET OUT OF THE CAR

“I’m glad I got to watch you play. I love you, and that doesn’t change with the score.”

Eddie J. Hamilton, M.Ed. | Author of *Get the E.D.G.E. Keep the E.D.G.E.*

Find the book at EddieJHamilton.com/resources

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