

New study on how parents experience their children's sports injuries

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A new review paper focuses on how parents experience and are affected

by their children's sports injuries. The research is [published](#) in the journal *Sport in Society*.

"In the paper, we highlight that children's sports injuries are often experienced as stressful by the parents and as something that makes them feel bad," says Stefan Wagnsson. "They often feel unprepared to deal with their children's injuries and at the same time find it difficult to get the help they need. Children's injuries can also affect the parents' relationships with others, where an [injury](#) can lead to [friction](#) in relation to other [family members](#), but also that some parents lose contact with the wider parent group, which is considered by many to be an important social network."

The study also shows that parents find it difficult to challenge the norm of the "tough athlete" who, like a machine, must endure [pain](#) and keep going without complaining, and therefore shy away from questioning the notion of "just keep going" despite that it would be better for the child to rest or rehabilitate their injury.

"Many parents may not be that familiar with the sport their children play and may not have close contact with the leaders either. Because of this, they hesitate to contact them to discuss their child's injury, since they worry that it could affect the child's chances of being selected for the team or a specific competition, but also that it might affect the relationship between the leaders and the child. "

In addition to Stefan Wagnsson and Leslie Podlog, the paper includes co-author Ross Wadey, professor of sport psychology at St Mary's University, Twickenham, London.

More information: Leslie Podlog et al, The impact of competitive youth athlete injury on parents: a narrative review, *Sport in Society* (2023). [DOI: 10.1080/17430437.2023.2282159](https://doi.org/10.1080/17430437.2023.2282159)

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