

# Sports and the Fair Parenting Project



Players benefit from a structured positive team environment that encourages fun and development.

Parents are more available to volunteer and coach.

Fair Parenting parents have scheduling autonomy on their days with the children leading to greater participation, consistent attendance and cooperation.

Fair Parenting communities provide children with opportunities to participate in sports that were previously inaccessible due to scheduling conflicts between households.

Coaches and volunteers are not placed in the position of go-betweens or mediators for a player's separated parents.

Players build long lasting friendships and team mate bonds.

Children in sports learn important social and life skills. Studies show children have lifelong benefits from sport, including lower chances of suffering from depression, anxiety, substance abuse or involvement with the criminal justice system.

Fair Parenting Communities enjoy increased participation of children in sports.

Sports promote a healthy lifestyle and provide children with an outlet to channel their emotions when going through a disruption in their family.

An integrated Fair Parenting and sport's schedule reduces wasted time for coaches and volunteers. The number of communications needed between a coach and the parents of a separated child are reduced 20x over a parenting schedule that is not integrated with the sports schedule.

