

Mutual Support



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In the *I'm on Board* program, coaches introduce players to life skills such as mutual support.

Your role is complementary: You can reinforce these lessons every day by recognizing supportive behaviours and discussing them with your child.

What is Mutual Support?

Mutual support means being able to offer help when someone needs it and accepting support from others when you need it yourself.

It means contributing to the well-being and growth of other team members by offering support, encouragement, a listening ear, and by sharing your knowledge.

Key words

- Offering help
- Supporting others
- Encouraging others
- Listening
- Working together



"It means always being willing to listen. You can tell when a teammate arrives at the rink feeling down. It's about not being afraid to go talk to them and let them know that you're there for them."

Samuel Montembeault, Montreal Canadiens



Why is Mutual Support Important?

Hockey is a team sport. We win, we lose, but most importantly, we **improve together as a team**. Creating an environment where everyone feels comfortable **asking** for help or **offering** support strengthens team **cohesion**.

Mutual support strengthens **relationships, respect**, and **trust among team members**. It allows everyone to **improve**, which benefits the entire group.

How to Encourage Mutual Support at Home?

You can support this learning by encouraging your child to **offer help in a respectful way**:

- Offer your help instead of imposing it
- Listen carefully to what the person needs
- Encourage the person throughout their learning process
- Celebrate the person's efforts and progress
- Avoid judging the person
- Be patient while the person is learning
- Ask a trusted adult for help if the situation feels overwhelming

Concrete Examples to Discuss

- Encourage a teammate after a mistake
- Help someone learn something new
- Help out at home
- Go talk to a teammate who seems sad

Being a Good Teammate

"For me, being a good teammate simply means taking care of the players around you."

Shea Weber,
Montreal Canadiens



Questions to Ask Your Child

- Did you help someone today? How?
- Did someone help you? How did it make you feel?
- Why is it important to support one another on a team?
- What does a team where players support one another look like?



By regularly talking about **mutual support** with your child and encouraging supportive behaviours in everyday situations, you help reinforce the messages shared by coaches and support the development of an essential life skill—one that matters both in hockey and in life.

Recognizing and Reinforcing Mutual Support

- ☐ Recognize when your child helps a teammate, a friend, or a family member.
- ☐ Help your child recognize supportive actions, such as encouraging others, listening, or offering support.
- ☐ Ask your child about the supportive behaviours they noticed at practice.
- ☐ Encourage supportive behaviours in everyday situations, such as at school, at home, or during other activities.
- ☐ Lead by example by offering help respectfully and accepting help from others.