



# Discover tips for girls and parents to make growing up easier

## Growing Up Great: Tips for Girls

- **Pat on the Back:** When you accomplish something you're really proud of—whether it's passing a tough test or finishing a winning soccer season—celebrate it! Every time you make it through something tricky, you become a stronger person.
- **Parent Talk:** You may be at an age where you're more comfortable talking to your friends than you are to Mom and Dad. It's normal to feel that way, but your parents are great sources of advice that can help you as you mature. Don't forget—they've been there before!
- **Be a Good Friend:** When a friend is being bullied, speaking up isn't always easy. But before you miss the chance to be helpful, let a friend know that you're by her side.
- **Extremely Unnecessary:** Say good-bye to extremes, such as "I never . . ." or "I always . . ." When you make a mistake, steer clear of saying, "I never do that," or "I always mess up." Chances are, your goof was a one-time mistake. Tell yourself that next time you'll know what to do.
- **Happy Thoughts:** One way to think positive thoughts is to start a Smile Journal. Each day, write down at least five things that made you smile. Fill your journal with entries about compliments you were given, great grades you got, a flower growing in your yard, or a magazine that arrived in the mail. Positive thoughts can lead to happier feelings.

## Growing Great Girls: Tips for Dad

- **Common Ground:** While your daughter is young, establish common interests that the two of you can share. These will provide much-needed dad-daughter time and can strengthen the bond between you as your daughter grows older.
- **Moodiness:** Changing emotions and moods come with growing up, thanks in part to hormones. Since a mother tends to bear the brunt of her daughter's developmental anger, a father can provide safe harbor—a place to go when the mother-daughter relationship feels too intense. Listen to what your daughter has to say and what she needs from you to help her through tough times.
- **Describe Her:** When complimenting your daughter, choose words that build character instead of just describing her looks. "Smart" and "clever" will do more for her confidence and self-worth than "beautiful" and "pretty" ever will.
- **Cheer Her On:** Be your daughter's biggest fan! Help her find ways to define herself as an individual by cheering on her accomplishments and finding ways to work with her to develop new skills.
- **Find Your Feminine Side:** Tea parties and dress-up may not be your, um, cup of tea. But remember that it's less about the activity and more about finding time to be together. If you engage in activities that your daughter loves doing, she will likely be more comfortable and talk more openly about what's going on in her world.





## Growing Great Girls: Tips for Mom

- **Disappointment:** Help your daughter bounce back from disappointment by pointing out that this failure is not her whole world, she will not always feel this way, and there are factors beyond her control. Learning resilience may mean the difference between trying harder next time and never trying again.
- **History:** A girl who knows where she comes from can be more certain about where she's going. With this in mind, show your daughter her baby book, go through old family photo albums, and share stories about family memories and recipes.
- **Strong Sense of Self:** Quiet time alone can foster positive self-reflection. Help your daughter carve out time each day to write in her journal, daydream, play by herself, and relax. Activities such as these can help her develop a stronger sense of self.
- **True Feelings:** For your daughter to have integrity, she has to acknowledge all of her feelings—not just the socially acceptable ones. Help her to be honest about what she thinks and feels by learning to understand her emotions and talking through them in a healthy and appropriate way.
- **Friendships:** Don't expect your daughter's friendships to be structured just as yours were. In our technological world, some friendships will look very different from the giggling girl groups you may remember. Encourage all kinds of ways for girls to connect, including digital and face-to-face.