

## WHAT YOUR DAUGHTER NEEDS FROM YOU

Being a teenage girl can be stressful, confusing and quite uncomfortable. At this development stage, your daughter is at a loss about who she should or should not befriend. Her self esteem is being challenged; some days she likes herself and other days she does not. Boys are becoming more of a concern than ever before. And then there is you: the parent(s) whom she desperately wants to please and break away from at the same time. These things considered, instead of adding to her laundry list of frustration and anxiety, it might be helpful to use this time in her life as an opportunity to forge a loving, meaningful relationship...especially if you were not fortunate to have a loving, meaningful relationship with your parent(s).

1. Your daughter needs you to accept her as she is while helping her to become who she desires to be.
2. Your daughter needs your unconditional love.
3. Your daughter needs to know about your past... if your past can help her make sense of her present.
4. Your daughter needs you to be honest with her.
5. Your daughter needs you to not judge her or compare her to her siblings, other girls, or to yourself.
6. Your daughter needs you to be there even when she acts like she doesn't need or want you to be there.
7. Your daughter needs your praise.
8. Your daughter needs to see you living a responsible, quality life.
9. Your daughter needs your affection...even when you do not feel like being affectionate or you don't know how to be affectionate.
10. Your daughter needs you to see in her what she cannot see in herself.