

# Seeing a Daughter through Puberty?

## Some Helpful Tips for Moms



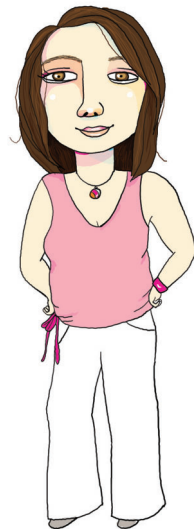
Seeing a daughter through puberty can be an emotionally charged experience. Your daughter will need your support while she's learning to become more independent — ironic, isn't it?

Below are some tips inspired by the book *Girl in the Know: Your Inside-and-Out Guide to Growing Up* about how you can help your daughter make her way through puberty as smoothly as possible and inspire her to become her best, inside and out.

### Supermodel Mom

Although it may sometimes seem like your daughter hasn't a clue you're a real person (not just "Mom"), your daughter is modeling her image of what makes a woman mainly after you. Your attitudes and behaviors are a powerful influence on your daughter's, so look to reinforce the positive and avoid the negative.

- \* Do you have a healthy body image and attitude toward food and exercise?
- \* Are you critical of your own and/or other people's appearance?
- \* Are you able to maintain a work-life balance? Do you make time for yourself?
- \* Are you engaged with the world around you?



### Lots in Translation

Communication is one of the biggest challenges in parent-teenager relationships. Often, teenagers simply want to be heard rather than have the issue at hand solved for them, so try to listen to what your daughter is saying, ask her questions and acknowledge her thoughts and opinions without passing judgment.

### Satellite of Love

Arrange for your daughter to spend time with other female relatives or close family friends or mentors — help her build a strong extended support system.



### Today's Special

Have your daughter take on the task of making her own lunches and helping with dinner prep at home during the week. She'll become well versed in healthy eating how-tos and maybe even learn about her cultural heritage's cuisine. Better yet, you'll all enjoy the reminder that food is a celebration meant to be savored and shared.

### Ready? Set? Relax.

Help your daughter learn to manage stress, and mind your own, too. Encourage her to find a creative outlet, give yoga or meditation a try or get in the routine of an after-dinner walk together.



## Soak Up the Sun

Teach your daughter to take pleasure in the small things in life, and emphasize the importance of family and friends. But show, don't tell — actions speak much louder than words.



## Into the Great Wide Open

Encourage your daughter to pursue varied interests, to be open to new experiences and to tune in to what's going on in the world and in your community. Be sure to take your own advice — set the example.

## Let's Talk

*Girl in the Know* covers pretty much everything puberty-related *except* for sex — author Anne Katz has left that to you. If you've already had The Talk about the birds and the bees, you're one step ahead. If not, it's probably time you did. But The Talk shouldn't be the end of it. Anne encourages mothers and daughters to make the discussion about sex and puberty an ongoing one, so keep talking.

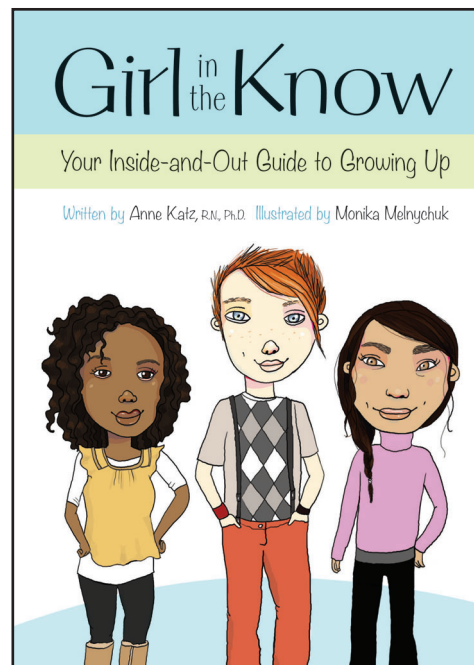
### About the Author

Anne Katz, R.N., Ph.D., has written several health books and edits the clinical practice journal of the Association of Women's Health, Obstetric and Neonatal Nursing. Anne lives in Winnipeg, Manitoba, where she is an adjunct professor at the University of Manitoba and a sexuality counsellor.

### About the Book

#### *Girl in the Know: Your Inside-and-Out Guide to Growing Up*

A straight-talking little how-to manual packed with everything a girl wants to know about what to expect in puberty and how to make her way through it all as smoothly as possible. But there's way more to it than just the body basics — your daughter will get the lowdown on how to take care of her body and her self, so she will be set to handle all sorts of life's challenges. Help your daughter be a girl in the know — get her reading and inspire her to become her best, inside and out.



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