

Raising girls

Raising girls can be a wonderful and rewarding experience, but it can also be challenging. As a parent, you play a critical role in shaping the values, beliefs, and character of your daughter. It means being there for her through the ups and downs of childhood, providing guidance and support, and helping her grow into a confident, responsible, and compassionate adult. By understanding the unique challenges and developmental milestones of girls, you can provide the love, attention and resources she needs to thrive.

Start the conversation using these strategies:

- 1. Body image and self-esteem**

Encourage them to appreciate their bodies for what they can do rather than how they appear, and remind them that beauty comes in many forms, far beyond the narrow images often shown in media.
- 2. Relationships and boundaries**

Teach your daughter about healthy relationships, respect for others, and the importance of setting and maintaining boundaries.
- 3. Emotional intelligence**

An important thing to teach girls about emotional intelligence is that all feelings are valid, even the hard ones. Learning to name and express them in healthy ways is a real strength.
- 4. Gender roles and stereotypes**

Discuss gender roles and stereotypes with your daughter and help her understand that there are no limitations to what she can do based on her gender.
- 5. Consent and sexual health**

Teach your daughter about consent and sexual health, including healthy relationships, contraception and STI prevention.
- 6. STEM and career opportunities**

Encourage your daughter's interest in STEM and other fields and help her understand the various career opportunities available to her.
- 7. Diversity and inclusion**

Teach your daughter about diversity, inclusion, and cultural differences and how to respect and appreciate them.
- 8. Mental health**

Discuss the importance of mental health, encourage her to talk about her feelings, seek help if needed, engage in regular exercise and get plenty of sleep.
- 8. Digital citizenship**

Remind them that what they post, share, and comment on can leave a lasting impression. A digital footprint can shape future opportunities, like friendships, study, and even careers.
- 9. Drugs and alcohol**

Discuss the dangers of these substances and help your daughter understand the importance of making healthy choices.