Raising Girls to be Women – Birth to Elementary
October 23, 2016

- What do you want your daughter to be like?
    - We tend to be reactive – lets be proactive
    - Suggested exercise – what character qualities do you want her to possess
- Prepare your child for the path; not the path for your child
    - Culture informs how we parent – be in the world, not of it…
- Talk about everything!!!
    - Get comfortable with the uncomfortable
- Leonard Sax – girls are far more driven & far more depressed & anxious
    - Starts with identity – identity is not in doing but in being

KEY THEMES

- Spiritual development
    - Can't control
    - Provide good kindling
- Relational development
    - Building community – protection against depression & anxiety
    - Making amends
    - Parental baggage
- Boundaries/protection
- Independence/launch
    - "Over responsible parents produces irresponsible children." – Mark Gregson

INFANCY

- Relational Development & Spiritual Development – Foundation
    - How you experience your parents will be the lens through which you view God
    - How God created us
        - For relationships & community/belonging
        - Attachment
            - Quick info on the brain here
- Boundaries/protection
    - Family boundaries
        - What is at the center of your family world
            - Family priorities
                - God
                - Marriage
                - Kids
                - ….
            - ***If she is at the center of your world, that is creating too much pressure!

PRESCHOOL

- Spiritual development
  - Concrete Bible stories
  - Repetition
- Relational
  - Continued attachment
    - Naming emotions
    - Making amends
  - Making friends
  - Huge brain growth – lots of emotionality
- Boundaries/protection
  - Sexual – good touch/bad touch
  - Anatomically correct terms
  - Privacy for body
  - Technology
    - Accidental exposure
- Independence
  - Choice-giving

YOUNG ELEMENTARY

- Spiritual development
  - Concrete concepts
  - Repetition
  - Lots of questions – trying to draw connections in their mind
  - Provide opportunities
- Relational
  - Friendships are a big deal now
  - Father is crucial & needs to be “dating” his daughter
- Boundaries/protection
  - What can she handle? – Activities
    - What’s good for the family context?
    - What’s good for her?
  - Sexual – over-sexualization starting now
  - Modesty
  - Talking about sex
  - Learning self-worth from Dad
    - Dad teaches boundaries based on how he treats mom & how he treats daughter
  - Technology
    - No technology in room or going to bed with phone
      - Impairs sleep
      - Dangerous
- Independence
  - Increase responsibilities
  - Involve in discipline & punishment

RESOURCES

Relational Development

The 5 Love Languages of Children
By Gary Chapman

How to Really Love Your Child
By Ross Campbell

How to talk so kids will listen and listen so kids will talk
By Adele Faber

Strong Fathers, Strong Daughters
By Meg Meeker

Tough Guys & Drama Queens
By Mark Gregson

Girls on the Edge: The Four Factors Driving the New Crisis for Girls – Sexual Identity, the Cyber bubble, Obsessions, Environmental Toxins
By Leonard Sax

Strong Willed Children/Discipline

Parenting Your Powerful Child: Bringing an End to the Everyday Battles
By Kevin Leman

No Drama Discipline
By Dan Siegel & Tina Payne

Brain Development & Relationships

The whole brain child: 12 evolutionary strategies to nurture your child's developing mind
By Dan Siegel & Tina Payne

Anatomy of the Soul
By Curt Thompson

Soul of Shame
By Curt Thompson

Sexuality & Sexual Development

How and When to Tell Your Kids About Sex: A Lifelong approach to shaping your child's sexual character
By Stan Jones

God's Design for Sex Book Series
By Stan & Brenna Jones

Hooked: New Science on How Casual Sex is Affecting our Children
By Joe S. McIlhaney, Jr.

Understanding Gender Dysphoria: Navigating Transgender Issues in a Changing Culture
By Mark Yarhouse

Understanding Sexual Identity: A Resource for Youth Ministry
By Mark Yarhouse

Homosexuality and the Christian: A Guide for Parents, Pastors, and Friends
By Mark Yarhouse

Parenting Influence

How Children Raise Parents: The Art of Listening to Your Family
By Dan Allender

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive
By Dan Siegel & Mary Hartzell

Adolescence

Brainstorm: The Power and Purpose of the Teenage Brain
By Dan Siegel