

BOLD NEW GIRLS'





10

Simple Ways to Connect with Your Daughter



1. Touch her: a hug or a high 5
2. Listen to her: with empathy and understanding
3. Be curious about her: ask questions like, "I am wondering about..." or "I'd love to hear more about..."
4. Follow her lead: do what she wants to do
5. Jump into her world: try to know and "get" what it's like to be her
6. Compliment her: "I appreciate your positive attitude" or "I really enjoy the way you think"
7. Remind her of her strengths: "You are strong at..." or "You have such talent for..."
8. Teach her how: to believe in herself, use her voice, and decide what she needs and wants
9. Guide her to take care of herself: bubble baths, social media breaks, time outside, nutrition, movement, and rest
10. Take time to talk to her about: her goals, her dreams, and her future



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