

How to Grow a Strong Girl

It takes time, practice, and patience to help girls become strong. Girls need us to help them.

Girls need your attention, your time, your understanding, your empathy, and your love!

Growing a strong girl begins with connection: getting to know her uniqueness and jumping into her world to “get her”.



Here are some ideas for you to help her grow stronger every day:

- Help her to know her strengths and her areas of growth
- Ask her opinion(s) and wait for her answer(s)
- Encourage her to feel all her feelings and express herself in the ways she need
- Ask her what bravery means to her and teach her to take small steps of bravery
- Help her set goals and divide her goals into smaller steps – celebrate each step
- Be curious about her experiences and say, “Tell me more!”
- Let her make choices and encourage her to take chances
- Notice her effort and attitude and praise process over outcome
- Teach her to say, “No” and “Yes” and set her boundaries
- Ask her what her gut tells her so she learns to trust herself
- Tell her you are so proud of her and be specific about why
- Tell her how you see her changing and encourage her to keep growing
- Help her see her mistakes as chances to learn and grow stronger
- Teach her to be “perfectly imperfect” - to be messy, spontaneous, and carefree
- Try new things together to build up her confidence
- Talk about social media and find positive people and platforms to view
- Ask her to teach you a new skill
- Ask her if she needs help or ideas or if she wants to try on her own
- Encourage her to try hard things so she can work her through discomfort
- Teach her to love, accept, and believe in herself, no matter what

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