

Raising Confident Girls



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Raising Confident Girls



Although nobody gets a parenting manual or bible in the delivery room, it is our duty as parents to try to make our kids as well rounded, happy and confident as possible. It is a lot easier to bring up great kids than it is to try and fix problems caused by bad parenting, when our kids have become adults.

Our children are all individuals – they are not our property but people in their own right. Too many people have children for the wrong reasons – they want someone to love them or they want to live on through their kids. Children deserve respect and must be allowed to become their own person. They are not mini versions of their parents – well at least they shouldn't be.

From the day they are born, kids should be allowed to find their own way in this world and at their own pace. Now, we are not suggesting for a second that you abandon them to their own devices. What we mean is that your role as a parent is similar to that of a coach. You should be there to cheer them on as they move towards different goals, but never try and push them too hard to do something they are simply not yet ready for.

Nurturing a Confident Baby Girl



Watch your verbal and non-verbal communications with your baby. Listen to them when they communicate with you. For example, babies use crying to communicate. Generally a baby will only cry when she needs something i.e. nappy to be changed, she is hungry or she is scared and wants a cuddle.

A baby who is held and cuddled will grow more secure knowing she is valued and loved. That is why we do not support a parenting trend that developed a few years ago which suggested that babies should be left to cry. In our opinion this is very cruel and potentially damaging to the child.

How can a baby trust her parents if they ignore her when she needs them most?

Despite not being able to talk in a language we comprehend, babies probably understand more than you can imagine. Infants and small

children are like sponges – they soak up everything we say and do. It is important that you speak to your baby encouraging them to mimic you and the noises she hears around her. Sing to her – most babies love singing and they don't mind if you are tone deaf!

In the early years especially, a child views her parents as her whole universe. She wants to keep mummy and daddy happy. She basks in your love and attention. She expects to get your approval when she tries new things. All babies will try things at different times. Depending on her learning style, some things will come easy to her whilst others will take a little longer to master. By all means encourage her to explore her boundaries but do it in a relaxed way.

If mum is pushing baby to do something that she is not yet ready for, she will sense mums disappointment in her and that will knock her confidence thus starting a cycle which may delay mum getting her way. Just because you don't voice your frustration out loud doesn't mean that your child hasn't picked up on the non-verbal signal. Infants are wired to pick up on the non-verbal signals possibly more than the verbal ones.

It doesn't matter if Mary down the road has been potty trained since she was 6 months old. Your child isn't Mary and will develop at her own pace. Those parents who constantly push their children to walk early, talk early etc set them up for a life of disappointment as they constantly battle to overcome silly tests set by other people.

If on the other hand, mum is confident that the little girl will be potty trained, walking and talking by the time she goes to school, the girl will feel loved and accepted which will increase her self worth. It may also make her achieve things quicker and easier as she will have the confidence to experiment knowing that no matter what she is loved!

Baby massage is wonderful for generating a close bond between parents and child. But massage also instills confidence in an infant. The gentle touch causes her body to release feel good hormones and make her feel safe.

A number of studies show that babies can tell the difference between males and females as early as their first year. What's more, they begin forming gender stereotypes almost as soon as they know they are boys or girls.

Babies receive subtle and not so subtle messages from everything and everyone of what it means to be a boy or a girl. They are experts at imitating parents and soaking up all information available around them.

Even at this early age parents should be alert to what messages are being passed to their daughter. It is ok to tell a baby she is beautiful, cute and precious but is that all she is hearing all the time? Does she see and hear the people around her only comment about her physical appearance and her clothes? Is your baby smart, playful, funny, full of energy? Tell her so.

Don't fall into the trap of thinking that you have to amuse your baby all day. That will only exhaust both of you. Babies need to learn to spend quality time on their own just as older children need to learn to amuse themselves. You cannot love yourself and be confident in who you are if you have never got to know yourself. So let baby spend some time in her cot or playpen with a couple of favourite toys. If you listen carefully, you could just hear her having a great chat with her new friends.

Promoting Confidence in your Toddler



The baby phase passes so quickly – you should try and enjoy as much of it as possible as once a child has grown you cannot recapture this magical time.

Leaving babyhood behind your child becomes a toddler. How do you know when your little baby girl has become a toddler? There is no specific age but believe me you will know when it happens. The defining moment is when you realise that the baby who did everything you said now wants to put her own mark on the day.

When you have a toddler, take some time out to sit down and play with her every day. Get down onto the floor at her level and spend quality time with her. She will love the attention and she won't be a toddler for very long. Also by putting yourself on her level, you can see potentially dangerous hazards that you may not have noticed from your taller viewpoint!



Children learn from play – it is very important to give them as much opportunity and encouragement to let their imaginations run wild. Feed their inner belief that they can do or achieve anything they want to in life. Give them paint and messy stuff to play with and see what they get up to.

When buying your toddler toys, don't opt for the most expensive item – you will only please the

marketing company behind it! Kids have no real conception of money and they are likely to get a lot more long term enjoyment out of the box that the toy came in rather than the figure from the latest movie.

Also buy age appropriate toys – you won't inspire your little girl to become the next Albert Einstein by giving her a chemistry set when she is 2. Again, don't push your child too fast or too quickly. Let her enjoy her toddler-hood as school is just around the corner.

Please don't just buy your daughter dolls and avoid beauty related toys, unfortunately many toys are packaged in pink and blue to associate them with gender and a lot of the toy that teach kids critical thinking are labeled blue. Ensure you buy your daughter some building blocks and other toys that teach problem solving, building skills etc.

Remember to praise your toddler but try not to link it only to external beauty, which happens quite frequently when adults praise girls. A confident child is born when her parents praise her for her behaviour, fantastic laugh, good deeds and values and not just for her physical appearance!



A lot of girls are raised to believe external beauty is the most important thing they can ever have. Girls tend to be over praised for how they look since they are babies giving them the unfortunate message that this is very important.

They get exposed from a very young age to princesses, barbies and other similar toys as well as media that generate unattainable images

of beauty. This can have very negative implications on their confidence and self-esteem.

It is very important that both parents support and agree with each other on how to raise the child. If one parent says that something should be done a certain way, the other parent must back them up. If they disagree, then have a chat about it later in private. But always try to present a united front when it comes to parenting and discipline.

Toddlers learn very quickly how to play mummy against daddy and this will only lead to heartache and frustration for all concerned. Show your child that both of her parents love her and hopefully each other. People who show each other mutual respect and appreciation are good role models for your child to adopt.

It is crucial that both parents establish an individual relationship with their child. Children need mummy and daddy. Some mums find it difficult not to hover around when dad is looking after THEIR baby. But whilst some dads will not be initially good at nappy changing or other baby related tasks, practice makes perfect and the safety of their kids is very important to them.

In this day of long working hours, a lot of parents don't see their kids during the week. Make time at the weekends to develop that special bond with your kids.

If both parents work full time, try to make arrangements with your employer so that one of you can be at home before your toddler goes to bed.

Making dinner or doing the housework can wait. Spend some quality time with your little girl, read her a story whilst giving her loads of cuddles. This way you are reinforcing the message that she is a very special person who is loved and treasured.

A lot of working parents spend the weekend sorting out the house, doing the shopping and getting ready for the next week. All of this has to be done but your priority should be spending time getting to know your children. Shop online and have the groceries delivered rather than dragging your toddler to the shops.

Ensure you take the time to go on family outings. These do not need to be expensive. Toddlers love exploring in parks and feeding the ducks and swans.

Try and give them freedom in the playground. Encourage them to be adventurous and to try out new things. If you go to any play centre you are likely to hear mothers telling their kids to be careful or they will get hurt. Don't go too high, too fast, too slow etc. These mothers mean well – they are trying to prevent their child sustaining an injury. But kids need to run free sometimes. I am not suggesting that you let them play in traffic but in the safety of a play centre, you might want to curb your own fears and let them get on with it. Sure, they may fall and hurt themselves but generally it will be very minor



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