

Mother-Daughter Connection

Three Ways to Improve Communication with Your Daughter

Think Before You Speak

Words matter. And criticizing what your daughter says and does will have damaging consequences to both her self-esteem and your relationship. If you find yourself giving her feedback, stop and think:

Is this helpful? Or is this hurtful? If I were in her shoes, how would this make me feel?

Helpful advice and feedback is good. Just remember, she is just trying to figure out who she is. How you respond to her will shape how she feels about herself.

Don't Be a Control Freak

Let's be honest, sometimes moms project their own issues and needs onto their daughters. But your daughter is a person, not a project.

Controlling behavior keeps your daughter from understanding who she really is and being able to think and act on her own. Ask yourself:

Are you treating her as a reflection of yourself and how you want others to see you? Or are you giving her space and freedom to figure out who she is?

Helping your daughter understand she is free to be herself without worrying about what people think of her (including you.)

Stop the Shame Game

Shame is an effective tool to manage others. Shame can be subtle (are you going to eat all of that?) or outright (you shouldn't eat that!!)

But the problem with using shame to communicate is that it hurts your daughter and damages your relationship with her. If you find yourself shaming your daughter, take a timeout and apologize. Ask yourself:

Why is it so important for your daughter to act/do/be a certain way?

Work towards allowing her truly be herself, as long as she's being appropriate and respectful.

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