

# New Moon

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## How to Say It to Girls

Communicating  
with your  
Growing  
Daughter

# What Girls Need

- How girls & boys differ
- Developmentally & socially
- Respect for their knowledge
- Informed and loving guidance

# Why?

- Their growth
- Our learning

# The Rewards

- “Mom, I want your advice!”
- Knew her own mind
- Trusted me to support



# GIRLS

- **G**et to Know Her
- **I**mprovise & Ignore Stereotypes
- **R**emember Who She Is
- **L**isten
- **S**hare Ourselves and Our Knowledge

# Get to Know Her

- Time
- Her Friends
- Her Interests
- Her Opinions
- Her Knowledge

# Improvise & Ignore Stereotypes

- No “one right way”
- Trust your gut
- Be creative
- Shorthand – stereotype examples?
- Take off the blinders
- See her complexity

# Remember Who She Is

- Development is a continuum
- Use our adult perspective
- Reconnect to her inner self

# Listen

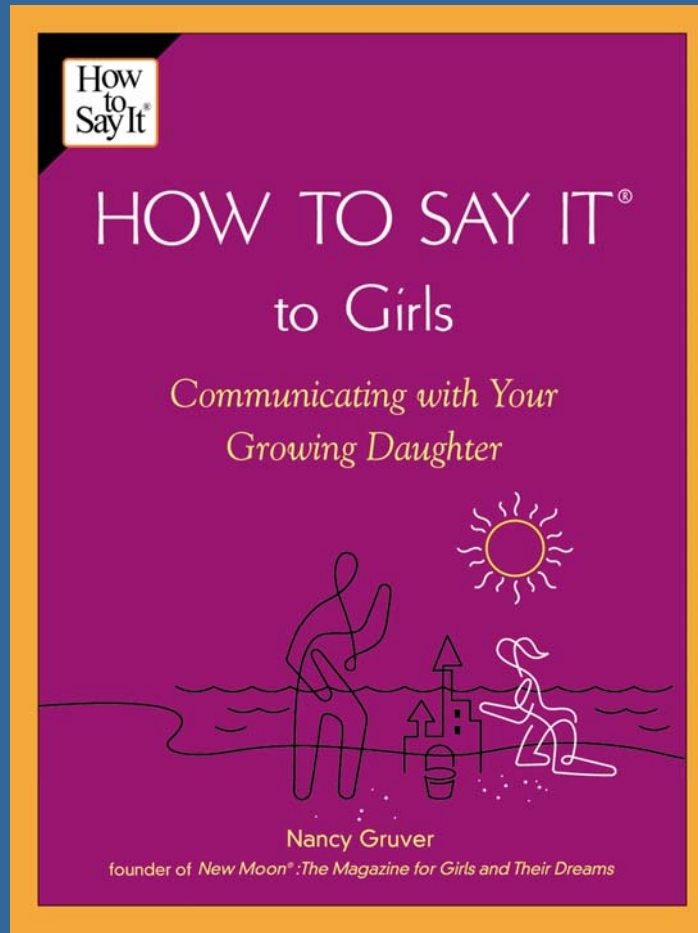
- Greatest challenge
- Relationship Radar
- “You don’t get it!” “You don’t care!”
- “It’s nothing.” “Never mind.”
- Trivia, Shock, Change subject
- The minimum requirement

# Share Ourselves

- The good and the bad
- Age appropriate – what can she handle?
- Manipulation-proof
- She needs our whole selves

# How It Works

- 8<sup>th</sup> grade friend troubles
- My advice
- Part of the truth
- “You don’t get it”
- A deep breath
- The rewards
- Reconnect to ourselves



available in bookstores and at  
[www.nancygruver.com](http://www.nancygruver.com)

# Daughters: For Parents of Girls

For Parents of Girls Vol 8 No 2 March/April 2008

## Daughters

**INTERVIEW**  
**Charlene Giannetti on Girls and Adoption**

*Adolescent parenting expert Charlene Giannetti has written a collection of must-read books with adolescents.*

*Margaret Saper, including The Roller Coaster Years and Clapnet: 6 Steps to Help Your Child Navigate the Social Jungle (with Broadway's Random House). But she's also written one book by herself, on a topic of particular personal interest: Why Am I? And Other Questions of Adopted Kids (Penguin Putnam, 2006) was inspired by Giannetti's own family, which was formed through adoption. The questions of her son and daughter, now 19 and 16, helped her frame the book.*

"Because of our Clapnet book, Margaret and I talk to adolescents a lot, about popularity, victims, etc. Every now and then after one of these speeches, children come up to talk to us about being picked on because they've adopted. When you're adopted you think you're going through all these identity issues because of being adopted. Some kids are chameleon with how tall they will be. Will I be pretty? With so much focus on health issues, that can be a real source of stress. Did my birth mother have a history of breast cancer? It can be very troubling not to know genetic risks.

"What I can tell kids is that both...  
*continued on page 6*



**LET'S TALK**  
**Is She too Young to Date?**  
*by Mikaela Law*

**Jill:** "Mom, would you drive me to the movies on Friday?"  
**Mom:** "Sure, honey. What friends are you meeting there?"  
**Jill:** "His name is Dan."  
**Mom:** "That's Dan, who's Dan. Is this a date? You're only 14 years old."  
**Jill:** "I don't know if this is a date, Mom. I like him. Some of my friends go on dates. It's not a big deal."

If you have a daughter who's 13 or 14 years old, you may have presumed yourself far too uninterested in hair, clothes, and even boys. But if she comes home and asks to go on a date, you might be surprised—even flabbergasted. The reality is that it's not unusual for girls in their early teens to want to experiment with this aspect of growing up. But during these years, your daughter is just learning who she is and what she stands for, and because dating brings up issues involving sexuality, self-con-

science, and independence, most experts agree it's too early to begin that kind.

"Dating only leads to physiological interactions that girls aren't ready for until their late teens," says Julian Deak, author of *Girls Will Be Girls: Making Confident* *continued on page 10*

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[www.daughters.com](http://www.daughters.com)

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# Great Resources

- [www.newmoon.org](http://www.newmoon.org)
- [www.dadsanddaughters.org](http://www.dadsanddaughters.org)
- [www.daughters.com](http://www.daughters.com)
- Care About Girls list serve – send email to:  
[careaboutgirls-subscribe@yahoogroups.com](mailto:careaboutgirls-subscribe@yahoogroups.com)
- DadTalk list serve – send email to:  
[dadtalk-subscribe@yahoogroups.com](mailto:dadtalk-subscribe@yahoogroups.com)



# 96 Topics

- Anger
- Appearance
- Body Image
- Boys
- Chores
- Cliques
- Clothes, Hair, Makeup
- Competition
- Complaining
- Compliments
- Crushes, Dating, Romance
- Death
- Depression
- Dieting & Eating Disorders
- Divorce
- Dreams, Goals, Hopes
- Embarrassment
- Feelings
- Friends
- Harassment

- Independence
- Leadership
- Media & Pop Culture
- Money Managing
- Overscheduling
- Peer Pressure
- Perfectionism
- Piercing & Tattoos
- Popularity
- Prejudice, Sexism & Racism
- Privacy & Secrets
- Puberty & Period
- Responsibility
- Risktaking
- Security & Safety
- Self-esteem & Self-acceptance
- Sexuality
- Siblings
- Speaking Up & Voice
- Spirituality
- Sports & Physical Activity
- Stress
- Vegetarianism
- Violence
- Work & Careers
- Worries