

Mothers and Daughters Surviving Together

1. Introductions
2. What is the Mother Daughter Project ?
3. Preventing M/D disconnection
4. Forming your own M/D Group
5. Book Raffle

Mother-Daughter Project

- ♦ We cannot meet all of our daughters needs by ourselves (Dr's, family, friends, teachers, groups)
- ♦ Presents a model of prevention to provide a strong & sturdy ship for the ride through childhood/adolescence
- ♦ Healthy Moms, healthy daughters, healthy M/D relationships

Mother-Daughter Project

- ♦ Support & advise of other mothers can be a lifeline for addressing problems
- ♦ Receive fresh, new ideas. Other mothers as a sounding board
- ♦ **Allows the girls to have many other moms available to them**
- ♦ Allows her to absorb messages of + M/D relationships
- ♦ The group strengthens their resistance to the dangers of our culture (teen culture)

Healthy M/D Relationships

The *commonly* held notion that daughters need to separate from their mothers during adolescence in order to grow into healthy independent adults is **misguided & counterproductive**

Healthy M/D Relationships

- ♦ We feel motivated by our own (possible) negative relationship with our mothers when we were younger. (I want something better for my daughter)
- ♦ Some of the troubled feelings are a direct result of our separation from our own mothers at adolescence
- ♦ Don't repeat the cycle

Healthy M/D Relationships

- ♦ Sexual predators seek out teen girls who are alienated from their families and emotionally alone (luring them is so easy) and they are at a greater risk for intimate partner violence
- ♦ Girls without "*mature emotional guidance*" get misguided a lot easier

Healthy M/D Relationships

- ♦ Watch your own language: *"Oh, now you love me, but you'll hate me when you are a teenager"*
- ♦ Open discussions, negotiating, problem solving, and choices all give P O W E R
- ♦ In the heat of a situation: make it mandatory that discussions will not occur (have a cooling off time since no one is working off their "rational brain")

Preventing M/D Disconnection

- ♦ When they ask for space – provide it to them but remain connected w/ them supporting and cheering them on
- ♦ Difficult moments are opportunities for GROWTH. Make them feel that they are able to tell you "anything" (this is extremely important)
- ♦ When they have a good relationship in the home, they are able to move more confidently out into the wider world

Preventing M/D Disconnection

- ♦ You have an effect on your child's overall learning when the relationship at home is strong
- ♦ Communication that is regular, two-way and meaningful
- ♦ "Where did we ever get the crazy idea that to make children do better, we must first make them feel worse? The truth is that children do better when they feel better--not when they are discouraged about themselves". ~Jane Nelsen

Form your own M/D Group

- ♦ Best age to get started is age 7-10
- ♦ Find other mothers w/ girls of similar age groups (about 8 total)
- ♦ Think about those that will back up the values that you cherish as a mother
- ♦ Meet as moms first to plan how the group will operate (food, # of times to meet, where, how, who, etc.)

Form your own M/D Group

- ♦ Some meetings will consist of just moms
(discussing things, attend special events together)
- ♦ Provides a safe haven for discussing what is happening at home
- ♦ Some meetings will be with the girls & moms attending a special event, learning about a topic, doing an activity together from the book
- ♦ TOPICS: healthy bodies, safe dating, safe internet surfing, moon dance of the body

Not able to form a Group

- ♦ Search local library for the book (suggest the title)
- ♦ Purchase the book
- ♦ Find 1 other mother to join hands with, or do a six week book club event in your church/school
- ♦ Book provides assistance for working on a M/D relationship for each age (starting at age 7 – 17)
- ♦ Overall: Be proactive in helping your daughter, not reactive

Book Raffle

- ◆ 1 free book to be raffled
(donated by Linda Franke)
- ◆ Hope you found the presentation helpful in your quest to build a positive M/D relationship

– *Linda J. Franke, MS*
KeystoneMontessori@gmail.com