

5 STRATEGIES TO AN AWESOME MOTHER/DAUGHTER RELATIONSHIP

At the end of the day we all want to be heard, understood and loved. You and your daughter are no different. Here are tips to ignite amazing connection with your daughter!

Heard!

How well do you listen? We often want to explain what we feel, need, and mean as a parents before we listen. I know I'm guilty. Try this before responding: seek to understand before being understood. CTA: Take time to ask questions in a loving, non-threatening way, like, "Tell me more," and "Help me understand". You'll be surprised what you learn!

Mindset Check

Mindset is so important! Remember, your daughter didn't wake up with an agenda to irritate you. And neither did you. Realize you are both good-willed people who love each other. But our daughters sometimes trigger us into feelings of not being good enough. You're a good Mom! CTA: When you feel frustrated instead of going to hurt or anger, seek to understand.

Boundaries

Children push back against boundaries. But truly boundaries help them feel safe in the world. Your daughter is not your friend, she is your child. And your job as a mom is to teach, guide and discipline with love. CTA: Realize your daughter need boundaries, even when she gets angry about them. Be firm and be loving.

I Love You!

It feels so hard to be loving when we're feeling angry, hurt and pushed away. And yet, as the adult, we need to move past our hurt and anger and make sure our daughter knows we love her. One of my colleague would followed up his confrontations when he owned his power with those three simple words. Say them often! Write them on a piece of paper or pop a card in their backpack.

I'm Sorry

You've said something you regret, your daughter is crying and you think, "Ugh! I'm turning into my mother!" I'm here to tell you it's all fixable! You made a mistake. All your daughter wants is for you to say I'm sorry. Even if it was decades ago! CTA: Muster up your courage, create the right time and tell her lovingly what you're sorry for. It will heal so much!

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