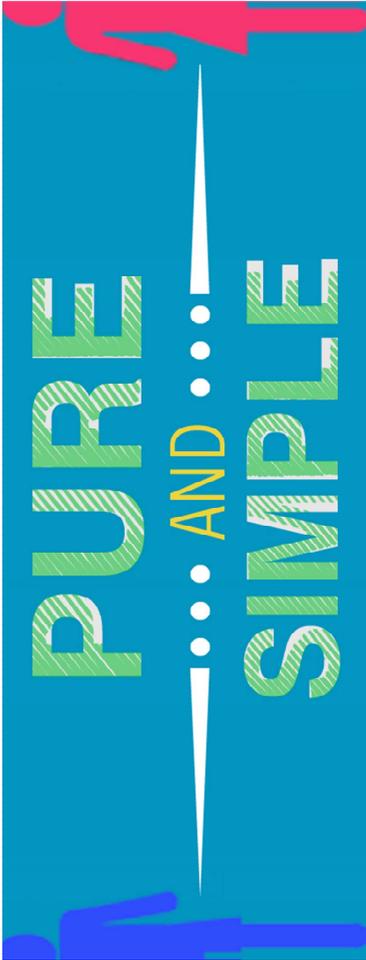


10 Things for Mothers

- Pray with your daughter as women. Women have a unique beauty and mothers and daughters share in this in a special way. Find a women's group to build you up in your own womanhood.
- Tell them you love them and are always there if they need to talk. Daughters are often more inward and private. They do not like to bring things to the forefront. Be aware of mood and temperament changes. This invitation to talk may be just what they need to open up.



- Encourage your spouse to show affection. Fathers sometimes need the encouragement to continue to show affection to their adolescent daughters. They need to hug and kiss their daughters. If your daughters do not find this affection from their father very often they will look for it in another man.
 - Spend quality time with each individual child – talk with them about life and God.
 - Go on a mother/daughter date. Take time to get away and talk girl stuff. This will open up lines of communication and show them that they are beautiful and valuable and worth the time.
 - Talk about boys and dating. Talk with your spouse and set guidelines early on so that it is clear what is expected. Talk with your daughter about the kind of guy she would like to marry. Write a list together about these qualities and encourage her never to give up on these. Encourage to her to begin praying to God for her future spouse. He is out there and he needs the prayers.
 - Talk about saving sex for marriage. We are made for this intimate union within marriage. We all long for this, so encourage it from an early age. Talk with your daughter about making this concrete decision.
 - The purpose of modesty is not to veil the woman's body because it is bad. Quite the contrary! A modest woman is not hiding herself from men. She is revealing her dignity to them. Nothing on earth approaches the beauty of the woman. For this reason, the question must be asked to women, "How will you use your beauty?"
- "If little girls were made aware of the great mystery confided to them, their purity would be guaranteed. The very reverence which they would have toward their own bodies would inevitably be perceived by the other sex. Perceiving women's modesty, they would take their cue and, in return, approach the female sex with reverence."- Dr. Alice Von Hildebrand
 - Be vigilant- Protect them against bad decisions and difficult situations by parenting as a mother and not just as friend. This love is difficult.