

"Knowledge is power, and knowledgeable parents have the power to influence their daughters."

What you can do to successfully intervene with your daughter to combat media and other negative influences:

1) DO YOUR OWN WORK:

-Research her world and culture before trying to change her ideas about it.

- Formulate and structure your reasons before addressing the issue. To enable conversation, it helps to have the language and reasons behind why something (e.g., a t-shirt, "Little Hottie" or "FCUK") is constraining or unhealthy to her self-image and development.

2) LISTEN TO WHAT YOUR DAUGHTER LIKES AND WHY SHE LIKES IT:

-Put yourself in her shoes--understand your daughter's point of view. Remember there are reasons behind her choices to be involved with or have affection towards something you see as inappropriate.

-Remember--an open mind and sense of humor go a long way!

3) BRING YOUR DAUGHTER THE WORLD ON YOUR TERMS, THROUGH YOUR BROADER VIEW.

-Try to have your daughter see your perspective. Remember she has many other influences in her life from friends to media, telling her how to behave, what to think and what she should want. You have the opportunity to provide her with an empathetic, yet rational and informed adult point of view that she can respect. Just make sure to earn that respect with compassion.

"...girls are buying into a culture that has them growing up too fast..."

Courtesy:

Packaging Girlhood: Rescuing Our Daughters from Marketers' Schemes by Sharon Lamb, Ed.D., and Lyn Mikel Brown, Ed.D.