

conversations for grown-ups

Dads of Daughters

Julie Metzger, RN, MRN + Peter Metzger, MD

Development: Tasks of Adolescence

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- Physical: Courage
- Emotional: Control
- Social: Community
- Cognitive: Competence

Puberty for Girl Bodies

NOTES



Between the ages of 10-18 girl bodies will:

- Grow 2-10 inches
- Gain 15-55 pounds
- Develop breasts
- Body odor
- Pimples
- Underarm hair and pubic hair
- Start their periods

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REFLECTION

What was your own puberty experience like?

What physical changes did you experience?

How did your family support you during this period of your life?



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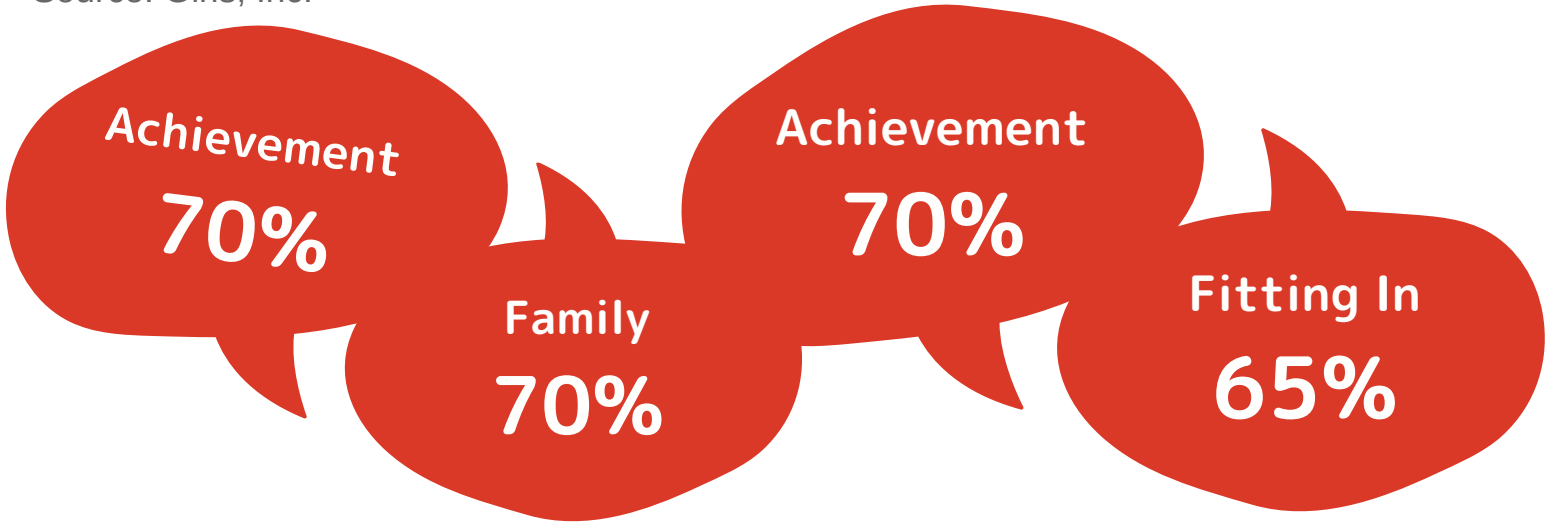


Lucile Packard
Children's Hospital
Stanford

property of great conversations®

Top Things Girls Worry About:

Source: Girls, Inc.



REFLECTION

How we experience anxiety is different for everyone.

How did your family talk about things you worried about when you were growing up?

How does your family talk about worries now?

Conflict, Disrespect, Criticism

An emotional moment is a chance to connect with your daughter.
Coach your daughter to acknowledge, express, and accept her feelings.

NOTES



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Our children's primary learning example is through Experience and Example. Empathy offers the message that they are understood, seen, and valued.

What we know about Emotion Coaching

Source: Gottman Institute

- Empathetic Response
- Explore Options
- Examine Consequences



An example of an empathic response from me might be:

Try this at home:

FEELINGS, ACTIONS, CONSEQUENCES

Pick a specific example. How might this conversation go at home?

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Emotion Coaching Toolkit

Source: Gottman Institute

- It is hard to come up with an Action Plan until your FEELING has been acknowledged.
- Girls who can come up with their own Action Plan are building skills – you are the coach.
- Strong decision-makers become really good at predicting the consequences of their actions.

Conversations Can Be Simple

"You've got this"

"That's rough"

"Im here for you"

"Tell me more"

Social: Community

Sometimes girls choose relationships over feelings

NOTES



Starting the Conversation...

Speak of the qualities you admire in her friendships

Tell your own stories about friends

Love the people in your life well



Cognitive Competence

Brains are wired to:

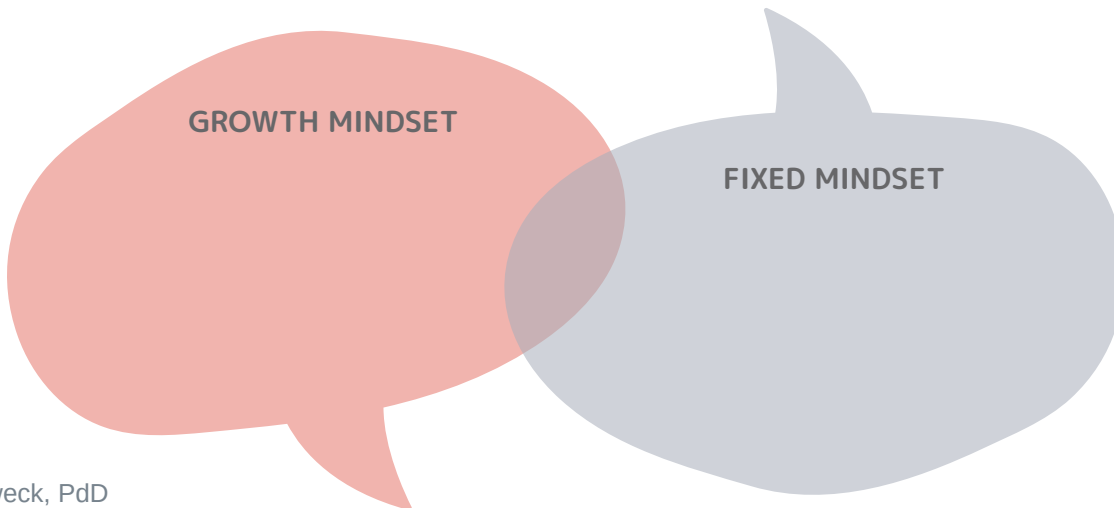
- Seek Pleasure/Avoid Pain
- Seek Approval/Avoid Disapproval
- Seek Connection/Avoid Disconnection
- Under stress – Fight or Flight

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A Mature Decision-Maker

SOURCE: Stanford Center for Adolescence

- A. Autonomous in a crowd
- B. Perspective of time and others
- C. Impulse Control

A Compliment Sandwich

Observation that is authentic and attached to your daughter's emotion, effort, or shared goal

A truth tied to the conflict or place of improvement

Reaffirm an authentic effort or observation relevant to this moment

NOTES



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FINAL REFLECTION

"What you see with your teen is what you are likely to get. And therefore as parents, we need to reflect back to them a vision of themselves at their finest."

- Brad Sachs

Resources for Continued Learning

HELPFUL LINKS

The Gottman Institute: Emotion Coaching

<https://www.gottman.com/product/emotion-coaching-the-heart-of-parenting-online/>

The Social Institute

<https://thesocialinstitute.com/>

Mindset: The New Psychology of Success, Carol Dweck

<https://www.goodreads.com/en/book/show/40745>

Harvard: Making Caring Common

<https://mcc.gse.harvard.edu/resources-for-families>

DHHS: The Adolescent Brain

<https://dhhs.ne.gov/MCAH/Adolescent%20Brain.pdf>

American Medical Association Girl's Guide to Becoming a Teen

https://www.goodreads.com/book/show/204095.American_Medical_Association_Girl_s_Guide_to_Becoming_a_Teen?from_search=true&from_srp=true&qid=3CkfYNOOPu&rank=1

Center for Young Women's Health – Boston Children's Hospital

<http://youngwomenshealth.org>

Girls Health

<http://www.girlshealth.gov>

Mind Positive Parenting

<http://drdavewalsh.com>

Lisa Damour, PhD

<https://drlisadamour.com/>

Planned Parenthood: Resources for sexuality education for youth on the autism spectrum

<https://www.plannedparenthood.org/planned-parenthood-massachusetts/education/parent-buzz-newsletter/parent-buzz-e-newsletters/sexuality-education-youth-autism-spectrum>

BOOKS

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Gottman Phd, John, and Joan Declaire. *The Relationship Cure: a 5 Step Guide to Strengthening Your Marriage Family and Friendships*. Three Rivers Press, 2001.

Hemmen, Lucie. *Parenting a Teen Girl*. New Harbinger Pub. 2012.

Simmons, Rachel. *Enough as She Is*. Harper, 2019

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