

Rosario Counseling & Associates PLLC

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Raising Confident Daughters

Too often girls grow to become self-doubting women. At Rosario counseling & Associates we are equipping parents to raise confident daughters. For girls, lack of confidence can take many forms and is sometimes a lifelong struggle. Young women tend to experience lack of confidence in ways that affects their academic performance, social networks, and physical self-image. There can also be effects of emotional instability, leading to depression and/ or anxiety. These feelings of self-consciousness and insecurity can manifest into bigger issues as the young women grows up. As adults, we have the opportunity to inspire confidence by our words and actions.

There are three areas to contemplate when discussing how to accomplish this goal:

1) What We Model

As adult women, we must model confidence to the younger generation. This includes modeling good communication with our peers, strength under adversity, and a positive self-image. Younger girls will be watching to see how they are expected to think, speak, and act.

2) What We Communicate

We must communicate positive messages about her, focusing more on inner character than outer looks. We should communicate the value of empathy and compassion, as well as the positive learning experiences



that come from making mistakes.

3) What We Encourage

Encourage her to build healthy friendships with other young women who will build her up instead of tear her down. Encourage her to try new things and believe that she can meet the goals that she sets for herself.

Here are a few practical tools that are helpful in implementing these ideas:

- Listen
- Reinforce healthy self-talk
- List affirmations
- Teach her how to journal



- Spend quality time with her
- Enlist an adult mentor
- Assess your expectations

Teaching your daughter confidence now will enable her to make strong, positive, affirming decisions about her life in the future. She will be more apt to stand up for herself and her beliefs, and will have the self-esteem to set high goals for her future. The supportive actions of those around her now will be transformative in helping her to become her best self as an adult.

If you or your daughter is struggling with the negative effects that come from a lack of self-confidence, our experienced therapists can help.

Please call our administrative office at (919) 649-5882.

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