

## SELF-WORTH DAUGHTERS AND SONS

**For your Daughters** - Girls, and women in general, are quite sensitive to the comments made about their appearance. Make sure you don't compare your daughter - her body size, hair texture or skin colour to her siblings, friends, or cousins. If you want her to lose excess weight, ask her to join you for daily workouts instead of shaming her body and her eating habits. If her skin tone is darker than her family members, avoid making it a topic of ridicule or discussion. The demeaning remarks you make will ring in her ears even in adulthood. Compliment your daughter. A girl who often hears the words "you're beautiful" from her parents will not fall prey to empty words from predators. Highlight her strengths and show her that she is more than just her looks. Your daughter will carry herself with confidence and dignity when you treat her with honour.



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**For your Sons** - Boys are sensitive to emasculating remarks that make them feel useless. When men retire they continue contributing to their family or society to fulfill their yearning to feel useful. Do not compare your son to others and do not deride him when he exposes his vulnerable side to you. Although boys have a desire to feel strong and responsible, they also have a compassionate side that needs to be nurtured. Foster empathetic behaviors and encourage problem-solving skills. Fathers, be a role model to your sons. If you're a single mother, talk to your son about great men who have walked this planet and impacted the lives of many. Show your son that he has the power to make meaningful contributions.

**MAKE YOUR DAY JOYFUL.**

