

G I R L S Q U A D

# 5 MEANINGFUL WAYS TO BUILD AN UNBREAKABLE MOTHER- DAUGHTER BOND



**Michelle Rae**

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# LOVING WAYS TO CONNECT WITH YOUR DAUGHTER!

THE MOTHER-DAUGHTER CONNECTION  
IS LIKE NONE OTHER. IT'S AN  
INTENSE, SPECIAL BOND THAT IS  
INSTRUMENTAL IN THE LIVES OF  
BOTH

This vital relationship can also be complex and challenging at times. Here we explore meaningful and loving ways to maintain this all important connection.

**Michelle Rae**

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**Michelle Rae**

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CHAPTER 01  
HAVE A GREAT  
RELATIONSHIP  
WITH YOURSELF

IF YOU WANT TO CONNECT  
WITH PEOPLE  
WHOLEHEARTEDLY, YOU  
NEED TO ACCEPT  
YOURSELF  
WHOLEHEARTEDLY FIRST.

■ SOUL SEARCHING

BEFORE YOU ATTEMPT  
TO REPAIR OR  
STRENGTHEN YOUR  
MOTHER-DAUGHTER  
RELATIONSHIP, DO SOME  
SOUL SEARCHING.  
ASSESS HOW YOU FEEL  
ABOUT YOURSELF. WHAT  
ARE YOUR GOALS &  
VALUES? HOW'S YOUR  
SELF ESTEEM & SELF  
CARE? DO YOU TAKE  
TIME TO NURTURE YOUR  
OWN MIND, BODY &  
SOUL?

■ TUNE IN TO INNER CHATTER

Starting to notice our inner  
chatter is a great first step  
because it is often so  
unconscious. Once we  
become more aware of how  
we relate to ourselves, we  
can reflect on what effect  
it's having, and how we  
want to change.

■ PRIORITISE YOURSELF

As busy mothers, we can  
easily forget our own  
needs. Put your own  
oxygen mask on first,  
role model for your  
daughter self love and  
self worth.

**Michelle Rae**

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*"The most important  
relationship you'll  
ever have is the  
one you have with  
yourself"*



## CHAPTER 02

# ENCOURAGE & DEVELOP YOUR DAUGHTER'S EMOTIONAL EDUCATION

THE FIRST STEP TOWARD STRENGTHENING YOUR DAUGHTER'S ABILITY TO MANAGE STRONG RELATIONSHIP EMOTIONS IS TO TEACH HER TO IDENTIFY & UNDERSTAND THEM

### ■ EMOTIONAL INTELLIGENCE

Emotional intelligence refers to the ability to identify and manage one's own emotions, as well as those of others. It's extremely important when fostering your relationship with your daughter.

### ■ SPONTANEOUS CHECK-IN

Find random occasions to stop and check in with your daughter to see how her day is going or follow up on a previous discussion. Ensure you are totally engaged.

*"Emotional intelligence allows us to respond instead of react."*

### ■ MESSAGES

Send her texts, leave voicemails, leave a surprise note to let her know you are thinking about her. We sometimes underestimate the little things...even a post it on her desk saying "I'm proud of you"

**Michelle Rae**

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LEARN TO SPEAK YOUR  
DAUGHTER'S LOVE  
LANGUAGE SO YOU CAN  
BETTER UNDERSTAND WHAT  
MAKES HER TICK

## ■ THE 5 LOVE LANGUAGES

When we understand what resonates with our daughters, we can focus on that preference to communicate and bond in a deep, trusting way.

## ■ THE 5 LOVE LANGUAGES EXPLAINED

We're all different with different personalities, therefore we express and receive love in different ways. They are Words of Affirmation, Physical Touch, Gifts, Acts of Service & Quality Time. There are online quizzes for adults & tweens/teens. Each individual has at least one language they prefer above the others.

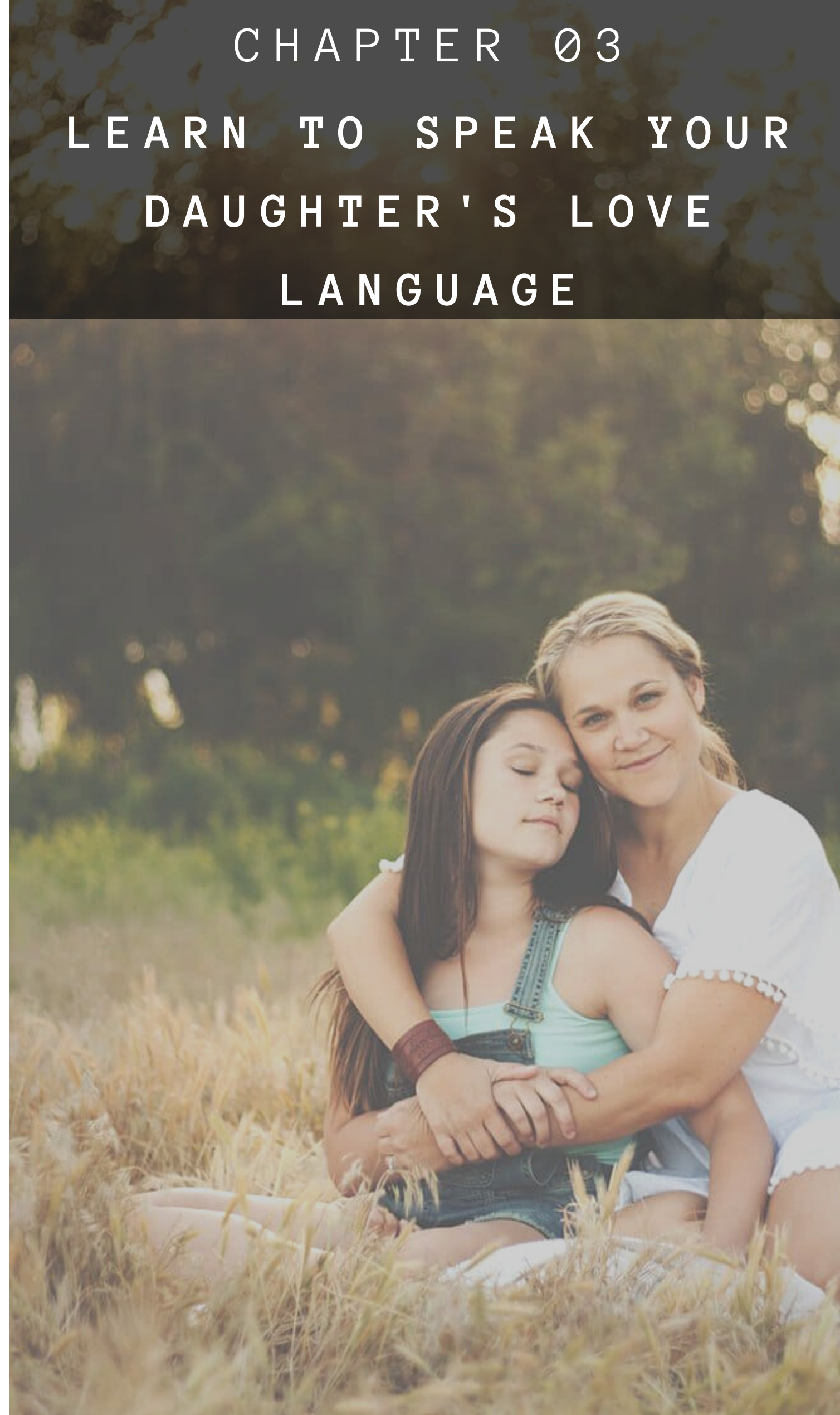
## ■ DIFFERENT APPROACHES TO CONNECTION

Once you have a better understanding of their love language you can better understand how to connect with them on a more meaningful level.

*"We assume others show love the same way we do—and if they don't, we worry it's not there"*

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## CHAPTER 04

# HAVE REGULAR MOTHER- DAUGHTER DATES

NOTHING SHOWS YOUR DAUGHTER HOW MUCH YOU LOVE AND VALUE HER THAN THE GIFT OF SPENDING TIME TOGETHER. HANGING OUT WITH YOUR DAUGHTER ON A REGULAR BASIS SIGNALS THAT YOU ENJOY HER COMPANY AND WANT TO BE WITH HER.

### ■ TAKE A WALK

Finding time to take a walk each week offers priceless time to chat about anything and everything that is important to each of you.

### ■ MAKE A LIST

Sit with your daughter and make a list of some other activities you can enjoy together.

### ■ BE CONSISTENT

Whatever you decide, keep it going on a consistent basis and make the time just about the two of you - with no distractions such as phones. When you make these mother-daughter dates a part of your regular schedule it will be worth it.

*"A daughter is someone you laugh with, dream with and love with all your heart"*

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## ■ THE 20 SECOND RULE

WHEN YOU NEED TO ADDRESS A CONFRONTATIONAL ISSUE WITH YOUR DAUGHTER - DON'T GO INTO LECTURE MODE. SHARE YOUR THOUGHTS & POINT OF VIEW IN 20 SECONDS OR LESS

## ■ TAKE YOUR EMOTIONAL TEMP

Before you have an intense discussion with your daughter, gauge your emotions to be sure your feelings are under control.

## ■ CHOOSE YOUR BATTLES CAREFULLY

Don't focus on every trivial issue or annoyance that comes along...choose your battles carefully!

## ■ CELEBRATE HER SUCCESSES

Get into the habit of celebrating your daughter's successes. When we take the time to notice it builds self esteem.

*"Be selective in your battles, sometimes peace is better than being right"*

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*Girl Squad*

MOTHER  
DAUGHTER  
RETREAT

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**EXPERIENCE ALL THIS AND MORE  
AT OUR MOTHER-DAUGHTER  
RETREAT**

BOOK IN NOW

RESERVE YOUR SPOT NOW FOR OUR VERY FIRST  
MOTHER-DAUGHTER RETREAT  
11TH - 13TH APRIL 2022  
GLEN EDEN ESTATE, HUNTER VALLEY

MICHELLE RAE  
girlsquadmish@gmail.com  
0425 334422

**Michelle Rae**