



Five

Fun Ways to Connect With Your Tween/Teen

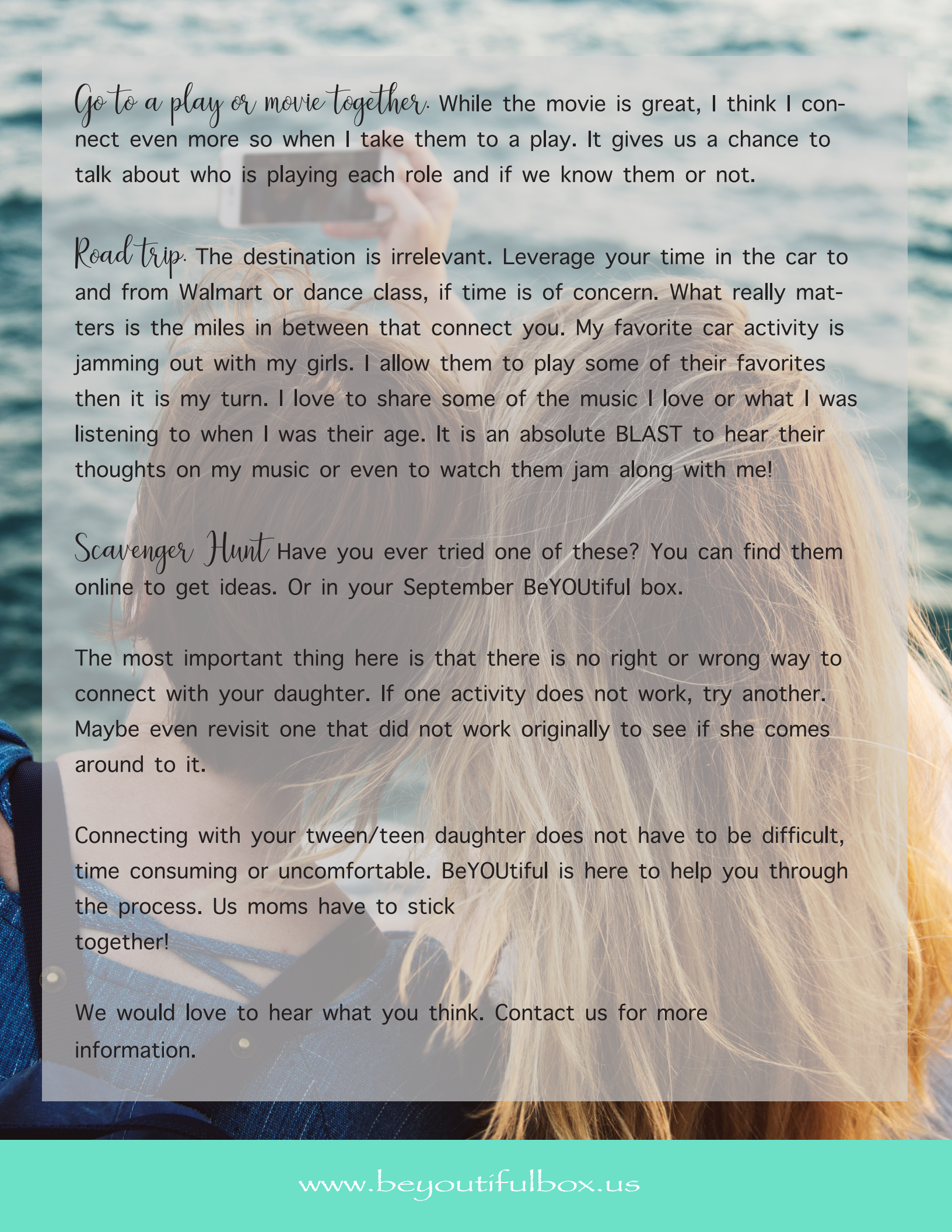
Are Barbies and make believe just not cutting it anymore when it comes to entertaining your little girl? Does she smirk at the idea of an afternoon at the park? This year my girls were not even interested in going to the pool with me! My heart broke.

Navigating through these years when your daughter wants more control over her life while still wanting to dream like a kid can be daunting but it does not have to be. As a mom of a teen, a tween and a four year old daughter (all going on twenty-four), I want to share some of my tricks.

Here are a couple of fun activities that have been blessed by my girls that I hope can help you create a lasting bond.

At home dance party. Crank that music up and just let loose! It doesn't have to be great dancing, in fact, I highly recommend you dance badly. The more your daughter sees you let loose, the more comfortable she will feel doing the same with you. Bonus points if your dance parties are spontaneous. Show your daughter that dancing and celebrating don't always need to be earned because everyday is special.

Selfies :) This can happen anywhere, even at home. Sometimes I will go and lay on my girls bed, and get out my phone for some pictures. It always leads to more conversation about what is going on in their lives, uncontrollable laughter and memories made in no time at all. Plus, you'll have the silly photos to cheer you up on those rough tween-girl days.



Go to a play or movie together. While the movie is great, I think I connect even more so when I take them to a play. It gives us a chance to talk about who is playing each role and if we know them or not.

Road trip. The destination is irrelevant. Leverage your time in the car to and from Walmart or dance class, if time is of concern. What really matters is the miles in between that connect you. My favorite car activity is jamming out with my girls. I allow them to play some of their favorites then it is my turn. I love to share some of the music I love or what I was listening to when I was their age. It is an absolute BLAST to hear their thoughts on my music or even to watch them jam along with me!

Scavenger Hunt Have you ever tried one of these? You can find them online to get ideas. Or in your September BeYOUTiful box.

The most important thing here is that there is no right or wrong way to connect with your daughter. If one activity does not work, try another. Maybe even revisit one that did not work originally to see if she comes around to it.

Connecting with your tween/teen daughter does not have to be difficult, time consuming or uncomfortable. BeYOUTiful is here to help you through the process. Us moms have to stick together!

We would love to hear what you think. Contact us for more information.

She may
outgrow your
lap but never
your heart.