



Welcome to  
***Raising Daughters of the King***  
*Princesses that bring Honor to their Royal Father*

**Self-worth, self-image!**

February is such a fun month. Valentines can be so cute and fun, but for some girls it is very painful. I am so thankful that we were able to combat that negative feeling of “being single” on Valentine’s Day by helping our girls realize that they are individuals defined by Christ’s love for them and our love for them unaffected by whether or not they had a boyfriend in their world.

In fact, we tried to help them know that they were not defined by a boy in their life at all. It’s definitely not an easy task in this world of air-brushed perfect faces on magazines and photos. But, it is possible! As moms (and dads) of girls it is worth the fight and the battle is winnable. The victory is such a gift to

your daughters. A loss in this area of self-image can result in a life-long battle or defeat. Some of the battles young women face today are almost incomprehensible. These defeats can result in eating disorders, cutting, and all the other things we know our teenagers and young women face today.

The bottom-line solution to this issue is to choose not to look for our self-worth in our looks, our abilities, our righteousness, in our purity, or even in our children’s successes and purity. The only place to find true value of our lives is in the fact that an awesome King of all the universe found my life and a relationship with me, worth giving up His life for mine. All of our good traits listed above are like filthy rags next to His.

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## Coach's Corner

Sometimes, our girls just don't realize that they are valued exactly as they are to Jesus – enough so that He would die for them with all their imperfections. In fact, that He created them and loves each of those little “flaws” that He promises to use for good. Sometimes discovering that Truth for themselves (with our help) is all it takes for girls to find peace with themselves. But for some precious Christian girls and girls with loving families, it still takes a lot of work to battle through. These struggles are not a sign that a girl is not a Christian. Scripture is very clear that we are not of this world, but we are IN this world. We walk through the same struggles that everyone else does. Being exempt from trials is not a promise to Christians, but having a way of escape is; having a “helper” who understands our trials is a promise and a fact.

Here are some things that we did or have heard that others do to help their daughters in this battle. We first addressed the spiritual side of this battle as briefly discussed above. We talked about Jesus' love for them as it states in Deuteronomy 6:7 “in our sitting down and standing up and in our going out and coming in.” Pretty much all of the time, we applied scripture to the struggles they were facing. Next, we looked for other helps, such as *Search for Significance for Kids*. I still refer back to that book for helps with Truth like: I may wish I was thinner, or prettier, or whatever; “but if not: I am deeply loved, completely forgiven, fully pleasing, totally accepted, and absolutely complete in Christ.” What a valuable truth to plant deeply within our own hearts and those of our children. Once again, we write them on notecards and put them on the bathroom mirror, along with scripture like I Cor. 2:20 that warns us not to compare ourselves with others. Since the world attacks our children constantly, I felt I should build up – not with false flattery – but with true, sincere words of admiration. Much

of that was directed towards our daughters' strengths of character but we also spoke much about their beauty. My girls knew that I would not lie to them. This gave them a confidence to be able to walk out of the house into their daily battles at school knowing that they looked fine. If they needed to change clothes or hair style or make-up, I gently told them. Better to hear from me than from others or than to embarrass themselves. They still battle the battles, but they have a place where they can feel totally loved and accepted.

Today, I heard a dad speak of his hopes for his daughter's self-image. Apparently, his blog has gone viral. He has written a letter to his four year old daughter about this very topic. His name is Kelly Flanagan, if you would like to see this. ([www.today.com](http://www.today.com)) He pointed out how important a dad is in the development of a healthy self-image. Bob was always great with his girls. He expressed how honored he was to have been given four daughters. Some countries feel daughters are a liability. In our home, we felt it was an honor and privilege. How many times our girls heard other men tell Bob that he was really in a bad situation or simply shake their heads and say “poor guy”, when they heard he had four daughters. He would smile and respond that he considered himself very lucky. My daughters still remember the one man who responded with “Four daughters! Wow, you are such a lucky man.” There were definitely times when emotions were high or drama sneaked in a little (we really were very low drama at our house), those days, he may not have known every right thing to say, but a hug and an I love you or “It will be okay,” was often the strength they needed and the love they craved. This assurance has kept them from running into every available male arms around, because they know they have Daddy's love and approval and confidence, and they want a husband like him.

## **A Game Plan**

A few other things we did to help our daughters were:

1. We gave them valentines and chocolate roses or flowers for big events.
2. We gave them a stuffed frog to remind them that they had a prince out there somewhere waiting for them. This also gave them a tangible reminder to pray for their future spouse, for his purity, his walk with Jesus, etc.
3. Occasionally, a simple bracelet reminded them how special they are to us and that we are praying for them.
4. We removed the words fat and chubby from our vocabulary and tried to create positive self-talk as well as prevent negative self-talk.
5. Bob wrote them letters to save for the future to look back on all the things that he was so proud of what they had accomplished. I send cards and letters and packages to college and afterwards, etc.
6. On their sixteenth birthday, Bob took them out on a Cinderella date and gave them a purity ring. We chose not to let them date until after that time since studies showed that girls that dated earlier sometimes struggled with physical aspects of relationships.
7. We tried to make communication a priority so that they could feel they could come to us with anything and be unconditionally loved.
8. There are so many ideas out there, I read and searched and did all I could to help my girls develop a healthy self-image based on the fact of the self-worth.
9. A baby book with all their progress written down, helped show how absolutely precious they have always been to us.