

Raising Daughters with Connection

The Growing Together Workbook

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A little laughter. A little honesty. A plan that fits real life.

NO PERFECT-PARENT MEMBERSHIP REQUIRED

You belong in these pages.

A NOTE FROM THE REAL-LIFE CORNER

This isn't a workbook about becoming the parent who has matching socks and a flawless morning routine. First, we'll laugh about your unfiltered thought. Then we'll turn the page and decide what really helps your family.

YOUR FAMILY, YOUR RULES

Each chapter is TWO pages: (1) UNFILTERED — laugh, circle the reaction you might THINK, and get the vent out. This is not advice for what to say or do. (2) REGROUP & RESET — consider the real situation, write your thoughtful response, and choose one small action. No one is grading your parenting.

1. REACT

Circle your unfiltered thought.

2. LAUGH

Vent privately, without acting on it.

3. RESET

Turn the page and think it through.

4. TRY

Choose a small response that helps.

THIS SEASON IN ONE SENTENCE

Right now, the thing I want to make a little easier is...

PROFESSIONAL SUPPORT STILL MATTERS

These workbooks provide practical parenting reflection and organization tools, not mental-health therapy, individualized medical guidance, legal advice, or crisis services. If a child or caregiver is unsafe, seek qualified local support. For infant feeding, postpartum symptoms and safety, consult a licensed health professional.

Before We Act Like Grown-Ups...

Meet the girl she is



SO PICTURE THIS...

Your daughter unveils a brand-new interest that none of your carefully researched activities predicted.

CIRCLE YOUR FIRST INSIDE-VOICE REACTION

- ☐ A. I bought the soccer cleats on Monday. Now you're an artist on Thursday?
- ☐ B. I support every dream. I just need the dreams to coordinate with the bank account.
- ☐ C. Can we finish ONE hobby before we launch the next full production?

Children grow. Apparently their interests grow on an hourly subscription.

What was your knee-jerk thought?

OKAY. THAT WAS THE THOUGHT, NOT THE PLAN. TURN THE PAGE TO REGROUP -->

Okay, Now Let's Really Think.

What could you ask that helps you learn who she really is?

WHAT'S REALLY GOING ON

Daughters have different interests, temperaments and identities; start by observing instead of assuming.

IN A REAL HOME

A parent asks what the child currently cares about instead of planning an activity based on stereotypes.

THE PART THAT ACTUALLY HELPS

You had the thought. You didn't have to act on it. That's your chance to choose what comes next.

MY REAL RESPONSE (MESSY HANDWRITING WELCOME)

When does my daughter seem most herself?

YOUR LITTLE REAL-LIFE MOVE

Ask one genuine open-ended question and listen without correcting.

☐ I'll try it ☐ I'll make it smaller ☐ I'll revisit later

MY BETTER-NEXT-TIME RESPONSE: _____

Before We Act Like Grown-Ups...

Connection over interrogation



SO PICTURE THIS...

You ask how school went. 'Fine.' Ten minutes later you receive the entire dramatic director's cut.

CIRCLE YOUR FIRST INSIDE-VOICE REACTION

- () A. 'How was school?' 'Fine.' Oh, now it's 10 p.m. and we're unpacking seven episodes?
- () B. I'm going to need names, dates, and a cast photo because I can't keep up.
- () C. You waited until my pillow touched my head to deliver this entire documentary?

They will give you three words at dinner and a three-hour podcast at bedtime.

What's your first funny response to the timing?

OKAY. THAT WAS THE THOUGHT, NOT THE PLAN. TURN THE PAGE TO REGROUP -->

Okay, Now Let's Really Think.

How can you make room for conversation without demanding it?

WHAT'S REALLY GOING ON

Children open up when they can talk without every conversation becoming a lesson.

IN A REAL HOME

A parent sits nearby while doing a shared activity and makes space for casual conversation.

THE PART THAT ACTUALLY HELPS

You had the thought. You didn't have to act on it. That's your chance to choose what comes next.

MY REAL RESPONSE (MESSY HANDWRITING WELCOME)

What question could I ask without demanding an answer?

YOUR LITTLE REAL-LIFE MOVE

Plan one low-pressure ten-minute connection activity.

☐ I'll try it ☐ I'll make it smaller ☐ I'll revisit later

MY BETTER-NEXT-TIME RESPONSE: _____

This is a preview of the first two chapters. The complete illustrated workbook has all 12 original chapters.