



THIS IS NOW:

Parenting Teens Today

Raising Fierce

*10 Conversations That Build
Confident Daughters*



Every parent says they want to raise confident girls.

Girls who speak up; girls who trust their instincts; girls who know their worth.

But confidence doesn't come from trophies or compliments. It grows through everyday conversations, the small moments where we help our daughters understand who they **are** and what they deserve.

Here are ten conversations every parent should have *with their daughter as she grows up.*



Your voice matters

Girls often learn early that speaking up can make people uncomfortable.

The goal isn't to teach them to be loud, it's to teach them that their perspective has value.

Try saying:

- "What do you think about that?"
- "I'm glad you said that."
- "Your opinion matters."

Confidence grows when girls see their thoughts taken seriously.



You don't have to be liked by everyone



One of the biggest traps girls fall into is believing they must be liked by everyone.

But strong people are not universally liked, and that's okay.

Try saying:

- "You can be kind without trying to please everyone."
- "Respect matters more than popularity."



Making mistakes isn't failure

Confident girls are the ones who learn that failure isn't the end of the story.

Try saying:

- "What did you learn from that?"
- "Trying something hard takes courage."





Your worth is not your appearance

Girls receive thousands of messages about how they should look.

Parents have the power to shift that conversation. Instead of: "You look beautiful."

Try also saying:

- "You handled that situation really well."
- "I admire how you stood up for your friend."



Confidence comes from doing hard things

Confidence doesn't come from praise. It comes from experience.

Encourage daughters to try things that stretch them

Speaking in public; trying new activities; solving problems independently.

Then say: "I'm proud of how you handled that challenge."



Disagreement is not disrespect



When girls express strong opinions, they're often labeled as "difficult."

But learning to disagree respectfully is an important life skill.

Try saying:

- "Tell me more about why you think that."
- "It's okay to disagree. Let's talk it through."



No need to apologize for taking up space

Girls are often taught to shrink themselves — physically, emotionally, socially.

Remind them:

- Their ideas matter
- Their presence matters
- They belong in the room



Comparison Is a Trap



Social media has made comparison constant.

Help daughters recognize it when it happens.

Try saying:

- “Everyone’s path looks different.”
- “Your story isn’t supposed to look like someone else’s.”



Strength and kindness can coexist

Being confident does not mean being harsh or arrogant.

The strongest people know how to combine courage with empathy.

Remind them:

- You can be strong and kind at the same time.



You are already enough



At the end of the day, the most powerful message a parent can give is this:

Your worth is not something you have to earn. It already exists.
And confidence grows when girls **believe that truth.**

Raising Fierce

Raising confident daughters doesn't mean raising perfect girls.

It means raising girls who:

- Trust their voice
- Understand their worth
- And refuse to shrink themselves to make others comfortable



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