Megan de Beyer

Your Teen Girl Yearns to Reconnect – With You

Mothers and daughters can establish powerful and beautiful relationships, and that starts with secure attachment. Establishing secure attachment heals us on many levels: mind, body, and soul. To do this, we must learn to listen to each other and be vulnerable. Most importantly **mothers can lead the way by expressing themselves authentically**. This means speaking up about feelings, needs, and wants. The idea of mothers being all giving and self-sacrificing is an outdated concept forged by patriarchy. **Self-sacrificing will only compromise the mother/daughter bond**, as girls these days know how to assert themselves. Mothers from a traditional background may expect their daughters to be kind and polite and unconsciously rally against her independence or assertiveness.

The mother/daughter bond can be mutually nurturing, empowering, and fulfilling. **We can learn tools to deepen our attachment bonds** and communicate authentically. Closeness requires quality time together, and this needs to be considered sacred. Secure attachment and quality time help create a healthy relationship between mothers and daughters – even through the teenage years.

Tips for creating secure attachment

There are three key elements essential for helping create secure attachments at any age:

1) Providing comfort & appropriate connection when it is needed

2) Offering her freedom to explore

3) Working to establish closeness before correction

This may seem simple, but the rush of everyday life may inhibit us from giving our children what they need most. We may micro-manage our kids instinctively before we lean in towards closeness.

Research consistently shows that teenagers who are raised with secure attachments are more likely to be happy, kinder, more socially competent, trusting of others. They also usually experience better relationships with parents, siblings, and friends. They do better in school, stay physically healthier, and create more fulfilling relationships as adults.

Creating time and space for secure attachments

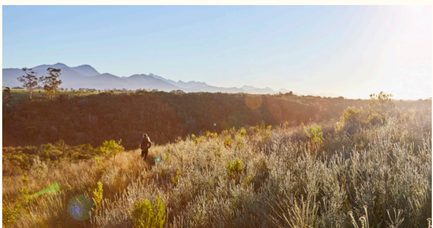
At home, you can carve out time to put down your tasks and your phones and just be with each other. Just be present.

YOU ARE INVITED TO MY

Mothers & Daughters Retreat

On 12 & 13 February, I am hosting a very special Mothers & Daughters retreat at Bobbejaanskloof Nature Reserve. It will be an opportunity for the two of you to connect in nature, enjoy quiet time together, and there will even be time for play!
Space is limited to 10 people to join for a special time connecting to your young girl.

Please contact megan@megandebeyer.com.



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Awakening Purpose Through Parenting

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