

# Preparing Our Daughters: A Conscious Shift into the Challenges of Puberty

Written by Sharon Maxwell, Ph.D.

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Our daughters are losing their amazing, full-of-themselves smiles, the ones that break our hearts with their beauty and lack of guile. Something is making them anxious and afraid. You can see it in their worried, critical expressions when they look at themselves in the mirror. You can hear it in their tentative voices that were once so strong and sure.



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My 10-year-old daughter is so strong, so out there. She embraces life with passion and







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Our daughters have a right to feel proud and strong in their own bodies. They deserve an environment that allows them to compete as vigorously as males and at the same time respect the intelligence of their own uniquely female bodies and minds. School health programs that honestly address the concerns of preteen girls, sports programs that honor the uniqueness of our daughters' growing bodies, and fathers and brothers who understand the importance of speaking and listening with respect, help create this environment. But a preteen's primary