

How to Give Your Daughter *Faith & Strength*, Bk 1 and/or Bk 2 Without Causing Eye Rolls, Embarrassment, or Hurt Feelings

The Most Important Rule

Don't make the book an intervention. Make it an invitation.

Teen girls are remarkably sensitive to the message behind a gift. Even when our intentions are loving, a daughter may hear:

- "Mom thinks something is wrong with me."
- "Mom thinks I'm weak."
- "Mom is trying to fix me."
- "Mom doesn't think I'm handling life well."

The goal is not to convince your daughter that she needs this book.

The goal is to communicate:

"I love you. Being a teenage girl today is hard. I thought this might encourage you, and you get to decide what, if anything, is helpful."

First, Avoid This!

Don't say:	Because you want to communicate:
"I think you really need this."	"I thought of you when I saw this."
"Your confidence has been worrying me."	"I wish I'd had something like this at your age."
"I bought this because you've been struggling."	"You don't have to read all of it."
"Your youth pastor/counselor suggested this."	"Just keep it around and use whatever is helpful."
"You have to read this."	"Being a teenager today looks harder than it was for me."
"This will help fix your anxiety."	

Here are some different types of approaches for your different types of daughters.

***The Independent Daughter**

She values autonomy and doesn't like being told what to do.

Option 1: Respect Her Independence

"I know you'll decide for yourself whether any of this is useful. I just thought some of the topics looked interesting."

Option 2: Share Your Own Experience

"Honestly, I probably could have used this when I was your age."

Option 3: Nonverbal Approach

Place the book on her desk or bed with a note like, "You know yourself best. I just thought this looked thoughtful and encouraging. Read whatever speaks to you and ignore the rest. Love you."

***The Reader**

She enjoys books, journals, and self-reflection.

Option 1: Appeal to Curiosity

"I flipped through this and immediately thought, 'This feels like something you'd actually enjoy.'"

Option 2: Highlight the Interactive Parts

"It isn't really a book you just read. It's more of a workbook you can actually use."

Option 3: Nonverbal Approach

Place the book on her pillow with a bookmark inserted into a chapter you think she'd enjoy most. Add a note like, "No assignment. No quiz. Just thought you'd like this one."

***The Anxious Daughter**

She may worry that receiving the book means something is wrong with her.

Option 1: Lead with Reassurance

"This isn't because I think something is wrong. It's because I know being a teenager today can be really hard."

Option 2: Normalize the Experience

"Honestly, I think most adults could use some of these reminders too."

Option 3: Nonverbal Approach

Leave the book somewhere private with a note like, "Nothing is wrong with you. I just love you and wanted you to have another source of encouragement."

***The Eye-Roller**

She resists anything that sounds like advice.

Option 1: Use Humor

"Apparently this book understands teenagers better than I do. Let me know if that's true."

Option 2: Remove the Pressure

"You don't have to read it. But if you ever get bored, flip through it."

Option 3: Nonverbal Approach

Leave it in her room with a sticky note message like, "This may be terrible. If so, please feel free to roast it."

***The High Achiever**

She works hard but often feels she isn't doing enough.

Option 1: Affirm Before Offering

"I already know how capable you are. I thought this might help you remember that too."

Option 2: Focus on Rest, Not Performance

"This isn't about achieving more. It's about carrying less pressure."

Option 3: Nonverbal Approach

Include a note like, "You never have to earn your worth. I hope this reminds you of that."

***The Social Butterfly**

She cares deeply about friendships, belonging, and relationships.

Option 1: Focus on Friendship Topics

"Some of the chapters about friendships and comparison really stood out to me."

Option 2: Make It Relatable

"Every girl seems to struggle with this stuff at some point."

Option 3: Nonverbal Approach

Leave a note like, "For the days when friendships feel amazing... and the days when they don't."

***The Quiet Daughter**

She doesn't always share what she's thinking or feeling.

Option 1: Remove Any Expectation

"You don't have to talk to me about this book unless you want to."

Option 2: Respect Her Privacy

"I just wanted you to have something that's yours."

Option 3: Nonverbal Approach

Place the book privately with a note like, "No conversation required. Just another person cheering for you."

***The Daughter Who Is Struggling Right Now**

She's dealing with anxiety, sadness, friendship problems, or low confidence.

Option 1: Lead with Love

"I don't think you're broken. I think you're carrying a lot."

Option 2: Stand Beside Her

"You don't have to figure everything out by yourself."

Option 3: Nonverbal Approach

Include a handwritten note like, "You don't have to be okay all the time. You don't have to have all the answers. You are loved exactly as you are."

One Final Thought for Moms

Your daughter may not read this book immediately.

She may set it aside.

She may roll her eyes.

She may quietly put it on a shelf.

And then, weeks or months later, during a hard day, a lonely moment, or a season of self-doubt, she may pick it up.

Sometimes the greatest gift we give our daughters isn't advice.

It's the quiet message:

"I saw you. I thought about you. I love you. And I wanted you to have this."

Good Job Mom.

I would love to hear about your experience. Send me a quick note to drevajames@faithandstrengthforgirls.com

-Dr. James