

Preparing Our Daughters

Touch the Future – Sharon Maxwell, Ph.D.
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Talking Points

- ❖ Our daughters grow and change. They aren't the smiling-in-your-face little girl they once were. Something is making them different.
- ❖ Maxwell says, "As mothers, we are inundated with stories and statistics about eating disorders, obsession with body image, and emotionally disconnected sexual activity, but what can we do? Our daughters seem less available to us with each passing day." (22)
- ❖ We need to take an honest look at our culture, their feelings and what it means to be a woman. You can start by listening to how girls feel about their changing bodies.
- ❖ Generations ago, the reward for going through the bodies changes was motherhood. Now, women aren't having babies for about 15 years after this change occurs.
- ❖ Maxwell asks, "What does a mother tell her daughter that will make all of this change seem worthwhile? How does a mother help her daughter feel proud, comfortable and strong in her new woman's body?" (24)
- ❖ Think about the way we introduce our daughters to menstruation. If we simply talk about hygiene and give her some painkillers how would this lead to disconnection with her body and power as a female? Can you see this trickling down to her perception of birth?
- ❖ Our very nature as women is cyclical. "Our sexuality, creativity, sociability and emotions follow a predictable cycle." For example, "Research demonstrates that as we follow our hormonal shifts throughout the month, we find that before ovulation we are outwardly focused and involved with the world. During ovulation, we become more content and receptive to being cared for. In our premenstrual phase, our energy turns inward and we tend to use more of our emotional intelligence to process information." (24)
- ❖ Many women have cycles that are in sync with the moon, ovulating or giving birth with there is a full moon, and begin their periods during the new moon.

- ❖ Women who live together often cycle together. (Fun fact: “There is some evidence that after a daughter leaves for college her cycle stays entrained to that of her mother for several months, until the pull of the community of college women brings her into its own rhythm.”) (25)
- ❖ How intelligent is your body? Premenstrually, when we are more inwardly focused, is our body telling us to slow down, assess who we are and how we feel. People are constantly looking for ways to lower stress. Women have this innately built into their being, they just need to know it exists and how to access it.
- ❖ “Menstrual pain is an invitation to pause and pay attention to ourselves.” Use this time as a time of cleansing both emotionally and physically. Everything that has attached itself can be let go and washed away. Life can begin again new and fresh.
- ❖ Share this experience with your daughters; just be kind to remember this is when they are focusing their energy inwards.
- ❖ Our daughters should feel proud and strong. “Their bodies hold a profoundly intelligent life force that connects them to the universe and to women everywhere.”

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Visit Sharon Maxwell’s website: www.DrSharonMaxwell.com

Dr. Maxwell’s “Talking to Our Kids About Sex” Handout

<http://www.bchigh.edu/ftpimages/225/download/Original%20Sex%20Handout.pdf>

What does the moon have to do with hormones? <http://empoweredstenance.com/balance-hormones-with-moon/>