



Building Critical Mother-Daughter Bonds

Tuff Mama Time - with Valerie Felder and The Close-Knit Family

ABOUT THE AUTHOR

Valerie Felder is a Family Team Builder, speaker, mother of 9 and founder of The Close-Knit Family. An Air Force veteran, she takes winning team-building concepts from her military experience and shares them with parents. They are then equipped and inspired to produce close-knit families of their own. Her programs and material focus on Back-to-Basics parenting, Bonding the family, and helping parents Buff the body to stay in the game. This eBook leads mothers in ways to grow stronger bonded relationships with their daughters.



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BOND POINT 1 - Understand the Rules of PAY



PAY ATTENTION

Let your daughter know you notice her by recognizing what she prefers. Talk to her to get acquainted with what makes her heart sing. Watch what she does; listen to how excitedly she talks about the matters that bring joy into her world.

PAY YOUR DUES

Solid relationships are built on time. Carve out specific times from your busy schedule and dedicate it to spend just with her. This may require sacrifice away from what you deem important, yet it pays great dividends. Dues are time well spent with your daughter.

PAY FORWARD

How often you spend time with your daughter today to

- wipe a tear,
- listen to her stories,
- console her heartbreak. . . .

all adds up to a depth of trusting relationship to last a lifetime.

BOND POINT 2 – Maximize on Her LIKES



ENERGIZE YOURSELF

Be honest with yourself. If your daughter is crazy about something that does not interest you in the least, it can be a drain for you. Still, put on your best game face, don't grumble, and go for it with all the happy energy you can muster. After all, this is about her – not you.

TOLERATE HER FADS

As long as they are neither morally nor physically damaging, go along with her periodic fancies (i.e. hair dyes, makeup, marvels). It's best to let her get the wild out of her system while she is young and under your watchful eye. Most fancies pass with time. And if she asks your opinion – be sweet, short and honest, but never insult her personhood. She is learning what and who she can trust.

FOCUS ON HER TALENTS

Indulge her and invest your time and reasonable cash in what she enjoys – especially if there is potential for future redeemable pursuit. If she is good at baking, equip her; if it's horseback riding, rent a horse. Whatever you do, help her to see that you desire to invest in wherever she is gifted. Such added boost builds her self worth and confidence.

BOND POINT 3 - GET AWAY with only Her



TAKE HER SPECIALTY SHOPPING

Take your daughter out on excursions that are aimed at buying something expressly for her. It could be a delight of hers or even a need. Possibly turn it into an out-of-town excursion and delight in the extra time together. She will remember it in the richest corners of her heart.

SPEND A NIGHT IN A HOTEL

There is no better way to focus just on your daughter than doing an overnighter away from home. Stock the room with her favorite bites, watch a fun movie, buy a new game, do a spa time, swim or even order out. You'll score huge with this one.

GO HAVE A NEW DINING EXPERIENCE

Have a dining experience at a restaurant with her. Take pictures and selfies to remember your event for years to come. If the food isn't good, finish the evening by taking her to a reliable spot for her favorite dessert.

YOUR BONUS BOND POINT

Research supports that when your daughter is appropriately valued by a loving, positive and affirming male (i.e. father, uncle, older brother), she develops stronger:

- Self-esteem,
- Self-image
- Confidence,
- Healthy insight on how men should regard her



All this provides that the mother-daughter relationship can rightly flourish since every element for her proper growth is present.

<https://www.extension.harvard.edu/inside-extension/role-fathers-childhood-development>

How to use your free Mother-Daughter Bond Worksheet (Page 7)

Pick the best times in your week to spend with your daughter. Be realistic, respecting personal/family schedules. Every activity does not require fanfare; activity on every day is not required. If this concept is entirely new to you, start with 1 day every week and build to 3 or 4. Consistency is critical.

After each activity, analyze results to make necessary adjustments. Modify input until you've designed an effective program. Save your "final" product, and be ready to modify as your daughter matures.

Mother-Daughter Bond Worksheet

Daughter's Name:	SELECT 1-3 days PLAN & WRITE a different Mother- Daughter Activity/day EXECUTE plan weekly	WRITE After-Action Notes: What were the results? What changes might you make to improve your next time together doing this? What did you learn about your daughter?
SUNDAYS Time: Duration:		
MONDAYS Time: Duration:		
TUESDAYS Time: Duration:		
WEDNESDAYS Time: Duration:		
THURSDAYS Time: Duration:		
FRIDAYS Time: Duration:		
SATURDAYS Time: Duration:		



*Use Power Tools on the pages behind,
Enjoy Mother-Daughter success
ahead!*

