

FOCUS<sup>®</sup>  
ON THE FAMILY

PARENTING

FOREWORD BY PAM FARREL

# RAISING A *Young* MODERN-DAY Princess<sup>👑</sup>

*Growing the Fruit of the Spirit in Your Little Girl*



Doreen Hanna & Karen Whiting

## Praise for

### *Raising a Young Modern-Day Princess*

If a godly mom and dad could package themselves into a gift, it would open like the pages of Doreen and Karen's book. Their personal stories are uplifting and eye-opening, and their insight about the fruit of the Spirit will be as valuable to the parent as it is to the child. This is an easy read. The hard part will be deciding which tenderhearted, fun-filled, life-changing activity to do first. This will become a trusted resource for any parent who desires to raise a young modern-day princess in a perilous world.

CANDY ABBOTT

Executive Director, Mothers With a Mission

God is calling families to be intentional in raising their daughters. This new book by Karen and Doreen is a timely resource that will help educate and equip parents in raising godly girls in a world that can be confusing and distracting. *Raising a Young Modern-Day Princess* is built around practical applications drawn from biblical truths and the authors' personal experiences. Each chapter will surely inspire mothers and fathers to pursue their daughters in these busy and challenging times.

KRISTI TATRO

National Program Manager, American Heritage Girls

What a wonderful book! *Raising a Young Modern-Day Princess* is filled with practical ideas to energize your daughter's spiritual life. As you celebrate rites of passage in her life, you will create lifelong positive traditions and memories that will help infuse hope and faith. There are fresh ideas on every page.

**JIM BURNS, PHD**

President, HomeWord

Author of *Faith Conversations for Families* and *Confident Parenting*

In *Raising a Young Modern-Day Princess*, Doreen Hanna and Karen Whiting have penned a soon-to-be classic. This sweet and poignant book serves as a comprehensive step-by-step guide for raising a healthy, godly young woman. It captures the wholesome essence of what makes girls and young women so special. The Dad and Daughter Activities are a treasure and are worth the cost of the book alone. I highly recommend this for anyone raising a daughter.

**RICK JOHNSON**

Author of *Becoming the Dad Your Daughter Needs*

I've watched Doreen encourage, inspire, and empower girls to be aware of who they are, reach outside the box, increase their personal pride, and express the greatness they possess. We all need these enhancements to become and remain our very best. Young and all can reach the top with this insight.

**PROFESSOR THELMA WELLS (MAMA T)**

CEO, That A Girl Enrichment Tours

Packed with ideas, strategies, and activities, *Raising a Young Modern-Day Princess* can be your guide for raising your daughter as a beautiful princess in God's kingdom. Practical and insightful, this book will be a well-worn reference to return to with each parenting challenge you face.

KRISTEN KANSIEWICZ, LICENSED MENTAL HEALTH  
COUNSELOR

*Author of On Edge and Emotional Traps*

Teaching children to love and reflect Jesus in today's society challenges the best of parents. Thankfully resources such as *Raising a Young Modern-Day Princess* exist to make the task easier. This must-have book is a treasure trove of wisdom and practical ideas for parents desiring God's best for their little girls. I wish it had been available when my two daughters were young.

GRACE FOX

*Author of Tuck-Me-In Talks with Your Little Ones*

FOCUS<sup>®</sup>  
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PARENTING



RAISING A *Young*  
MODERN-DAY   
*Princess*



*Growing the Fruit of the Spirit  
in Your Little Girl*



Doreen Hanna & Karen Whiting



*Tyndale House Publishers, Inc.  
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*Raising a Young Modern-Day Princess: Growing the Fruit of the Spirit in Your Little Girl*

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# Foreword



“NANA!” Two excited, beautiful granddaughters rush toward me as I enter their home. They are decked head to toe in royal wear. Crowns adorn their long, lovely locks, and fancy jeweled shoes make a clickity-click-click sound as they hold up full chiffon skirts and bounce toward me with delight, showing off their majestic fashions. They are dressed as princesses today—and most days. But while their attire helps them pretend to be storybook princesses, there is a Book that has helped them act like true daughters of the King of Kings. Yes, my sweet granddaughters love the Bible and love living in a manner worthy of their calling (see Ephesians 4:1 and 2 Thessalonians 1:11, ESV).

It is for these two delightful princesses, and for young girls around the world, that I first agreed to team with my co-author, Doreen Hanna, to write *Raising a Modern-Day Princess* and *Becoming a Modern-Day Princess Journal* for teen girls. Doreen has become a friend and a trusted voice on ways to proactively and creatively pour wisdom into the life of a young woman. In addition, Karen Whiting, the coauthor of this book, has penned many creative resources to help foster the life of a girl, including *The One Year My Princess Devotions*, a daily



devotional my own granddaughters *love*. As I see the delight in their eyes, I am further motivated to look for ways to inspire them to live out the rich inheritance found in their identities as daughters of the King of Kings. This book will help them do that, just as it will help you inspire your own daughter to fully comprehend, then live out, her divine destiny.

Because I raised three sons and worked in youth ministry, I saw how difficult life could be for young women who might be all *vogue* on the outside but *vague* on the inside. I longed to help girls and women grasp their upward call in Christ. So I have spent a lifetime writing, speaking, leading, and mentoring hundreds of girls, young women, and moms. I am also the mother-in-law to three amazing, godly women, and I have seen firsthand the work and wisdom that need to be poured into a girl's life in order for her to become a truly beautiful, godly, loving, servant-hearted princess, a daughter of the King of all Kings—God!

From the moment our Modern-Day Princess books for teenage girls were released by Focus on the Family/Tyndale House Publishers, mothers and fathers of little girls—even expectant moms—wanted a book that would help guide a young girl in godliness as she grows. In *Raising a Young Modern-Day Princess*, Karen Whiting and Doreen Hanna have created a masterful interactive experience between parents and their young daughter. These two experienced moms and leaders have penned a resource to weave critical character into the life of a young lady.

In *10 Questions Kids Ask About Sex*, we share a key question we asked in our home. We have a family motto, “Those who honor God, God honors” (see 1 Samuel 2:30), so we taught

our kids to check in with their inner GPS before they said or did anything by asking themselves, Does this show honor for:

God?  
People?  
Self?

It is a simple sentence with profound and lasting results. *Raising a Young Modern-Day Princess* has a similar goal of weaving the traits of a princess into the life of a younger girl in a natural, yet life-changing, way. The goal of the book you hold will help you pass on the value of being a PRINCESS who is:

Prayerful  
Respectful  
Inspired  
Noble  
Compassionate  
Encourager  
Self-controlled  
Servant

These are virtuous traits that will ensure future victories in your little girl's life! This book will prepare your little princess now for the next step of a rite of passage, which can happen when she becomes a teenager. Then you'll be able to use the tools in the book *Raising a Modern-Day Princess*. For now, you can plan special tea parties to help her learn manners and etiquette to accompany the character and inner values that become a little princess. She will reflect back on

these tea parties and life lessons in years to come. Each interaction and every celebration helps you engage your daughter in conversations and connections to glean wisdom from you and from the God who created her. This treasure trove will serve her well on the path ahead.

In *Raising a Modern-Day Princess*, I shared that my husband and I had the goal of leaving a “trademark” on our children with Traditions and Memories. Traditions are those things you do year in and out, day in and day out, that layer in your values. The activities in this book include many precious traditions.

Memories are those “once in a lifetime” or occasional special events that become markers of celebration, or a way to honor your daughter as she progresses on her journey of virtue. This book includes ideas for special tea parties and other creative activities that you can use to celebrate your daughter’s development.

As a family, once a year we have a “Learner and Leader Who Loves God Day,” when we negotiate privileges and responsibilities for the year for each child. We choose a trait for the year and a verse for the year to pray over each child. We also give each one a gift to acknowledge the godly leader he or she is becoming. That gift is three things: *personal* (something personally selected so the child knows we were thinking of him or her as an individual); *practical* (something we would buy anyway, so it doesn’t break the bank); and *prophetic* (something that speaks to the promise, potential, or passionate calling we see God developing in that child). In doing this, year after year, our children gained the critical inner character needed to grow up and become the godly leaders they are today.

I see these same wonderful qualities in the book you are

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holding right now. *Raising a Young Modern-Day Princess* is *practical*. It's written to help your young daughter grow into a godly woman through the many activities and bite-sized biblical teachings included here. This book is also *personal*. You will be able to select activities and create quality time with your little princess, enhancing and enriching your relationship with her. After sowing the seeds of a strong relationship with you today, she will naturally long to keep that strong relationship with you—and God—in the days ahead. Finally, this book is also *prophetic*. It will help you get to know your daughter and see how God uniquely designed her. By cooperating with the way God wired her, you will see the fruit of this verse in her life: “Train up a child in the way he should go; even when he is old he will not depart from it” (Proverbs 22:6, ESV).

By implementing the ideas and activities in *Raising a Young Modern-Day Princess*, you will learn her personality, motivations, and talents. In addition, you will give her the vital skills to daily *be* a Modern-Day Princess now and in the future. Most importantly, you will be passing on those timeless and eternal values and beliefs to help her handle life in this ever-changing world. In a word, you are handing her the ability to *succeed*.

So turn the page, and enjoy your journey as you walk next to your little princess. You will love the joy of watching her grow into a lovely young lady, with courage, confidence, and creativity to become all God designed her to be.

*Pam Farrel*

Pam is the author or coauthor of 40 books, including *Men Are like Waffles—Women Are like Spaghetti*, *Raising a Modern-Day Princess*, and *Becoming a Modern-Day Princess Journal*.

# Introduction



AS A MOTHER, you have special dreams for your daughter or daughters. Do you remember when you first held your precious baby girl, with a heart full of hope and joy? What did you envision for that little bundle wrapped in pink?

Since that day, you just might have discovered that the path to raising a daughter of the King is less than straight and easy. The world we live in today constantly throws out challenges and obstacles to bringing up a future woman of God—one who is beautiful inside and out.

But rest assured, you have guides along the way who are ready to share valuable tools for understanding and nurturing a girl. This journey is designed to equip you to bring forth the fruit of the Spirit in your daughter, inspiring her to become a princess with purpose, character, and strength.

So let's start with a look at how it all began—and God's calling to a ministry that makes an eternal difference for moms and their daughters.

## **A Mother's Dream**

For more than a decade, I (Doreen) have served as president of a ministry that is all about princesses—*Treasured*

Celebrations. Through the years, I've seen how mothers want their daughter(s) to embrace the beautiful traits and truths of a real princess, not a fairy-tale princess. Launching a ministry about God's best for our precious daughters started with a simple phone call.

In March 1999, a local church asked me to speak at its mother/daughter banquet on the topic "Celebrate! You're a Daughter of the King." The underlying message was supposed to focus on older women mentoring young girls.

I said yes, but as I hung up the phone, I wondered, *What does it really mean to be a daughter of the King?* I knew it was a biblical concept, but I had to figure out what that idea looked like in our modern churches and society. Within seconds the answer came to me: *A daughter of the King is a princess!*

My research into the topic took me on an amazing journey of discovery. I came across a book for Jewish parents who were preparing a bat mitzvah for their daughters. Then I read a book for twelve-year-old Jewish girls going through their rites of passage into young womanhood when turning thirteen. I found that parents committed their daughters to mentors who came alongside them weekly for a full year, preparing each girl to celebrate her step into womanhood. First a girl's mentor reinforced the parents' and her synagogue's teaching. Then her etiquette was refined and improved. Every effort was made to provide the girl with a sense of purpose, value, and strength as she grew into womanhood. At the conclusion of this important year, a girl would receive her father's blessing.

Through God's leading, my research into bat mitzvahs enabled me to share ideas for preparing girls for womanhood

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with mentors and moms at that banquet in 1999. Yet I walked away from the event with a question left in my heart: “What rites of passage do Christian girls have today in our churches?” I knew of nothing at that time.

Researching further, I learned about debutante balls for girls in certain society groups. And I discovered some denominational churches had teen groups called “Daughters of the King” that provided biblical training about becoming a young woman.

Still, I couldn’t find a celebration where a girl’s father imparted the blessing. So I knew the Lord was calling me to write.

Soon I was working on my first rite-of-passage curriculum with the assistance of my two daughters. Brandy Corea, my lovely eldest daughter, has been married for twenty years to her husband, Roberto, and they are the parents of our four grandchildren: Kevin, Shekinah, Hannah, and Josiah. Kamy Hanna, my beautiful single daughter, is two years younger than Brandy. She has been my right hand in this ministry throughout the years. And she cheered me on when Focus on the Family embraced my book proposal and published *Raising a Modern-Day Princess* in 2010.

After fifteen years, our program has been implemented in every state in the nation and in twenty-two countries across the world. I am continually in awe of God’s favor every time I write or speak of it today.

Over the years, I’ve often been asked, “What do you have for moms of little girls?” Thus Karen and I started on a new journey for younger daughters and the parents who love them.

Some moms have said, “I never had this opportunity, but I would love for my daughter to experience this type of mentoring.” It’s not too late for you, Mom! It can start now as you teach your daughter. You will be the best example for your daughter as she sees your teachable spirit and willingness to learn right beside her! It is never too late to embrace your own royal status as a daughter of the King and to enjoy the benefits of kingdom living—beginning with a Christ-focused life.

Some moms already live as daughters of the King. Therefore, we hope to provide you with fresh perspectives and creative activities enabling you and your daughter(s) to apply what is presented within each chapter, equipping girls to carry on a royal family legacy.

### **A Mother’s Heart**

As a mother, a grandmother, and an author of several books for girls and women, I (Karen) am thrilled to share my experiences and knowledge to help raise the next generation of daughters of God the King. I have five children; two are girls. Rebecca is my first child and Darlene is my fourth. You’ll be meeting them in some of the stories in this book. I discovered the heart of a mother first in my mother and grandmothers, who always had time for me and created fun activities for us to share.

As a young girl I enjoyed tea parties with my maternal grandmother and a mother who treated me as a princess while giving me lessons on etiquette and life skills. In turn, I held tea parties with my daughters as part of their training



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to be princesses of the kingdom. Now I enjoy holding tea parties for young girls at churches and schools.

I grew up in a small community with many relatives, including lots of cousins who lived only a few houses away. Because I was the oldest girl in my generation, my grandmothers encouraged me to show my cousins how to be a lady, leading by example. As a Christian, I also wanted to pass on the joy of knowing Jesus. I created activities that combined fun, faith, and values for my cousins and, later, for my children and their friends.

As my children grew, people encouraged me to tell my stories of parenting my girls and the activities I developed. It's been my pleasure to reminisce and share ideas to bring up a new generation of girls who will embrace Christ and develop the inner beauty of lasting values, by nurturing the fruit of the Spirit.

When I first embraced each of my precious daughters, I felt a surge of joy and quickly planted dreams for each of them within my heart. I wanted my daughters to become beautiful women inside and out, and to make good choices. But I've realized that we mothers don't control what our daughters will become. The fruit of the Spirit is produced by planting the right seeds, nurturing the growth through watering, weeding, and fertilizing, then trusting the Holy Spirit ultimately to bring forth desired results.

Girls envision a princess as one who is loved, cherished, and surrounded by beauty. But being a real princess in God's family goes much deeper than surface beauty. In this book, you'll discover how a parent can develop a daughter's inner

beauty and character, as well as showing her the unconditional love of the King.

I am still close to my two lovely daughters and want to share ideas with moms so they can nurture their daughters' growth. As a creative person I often developed my own activities to nurture my daughters' character development and faith. I've incorporated many of these in the activity section of each chapter. These activities nurtured the fruits of the Spirit in my daughters and built strong mother-daughter bonds. I hope you will also build memories and lasting bonds with your daughter(s) as you enjoy implementing the activities.

### **Themes to Discover**

Several themes are woven into the pages of this book to bring more depth to the parent-child relationship and to provide engaging activities to develop the fruit of the Spirit. Here's a preview of what you'll find!

#### *La Belle Jardinière*

Jesus used the analogy of a tree and its fruit numerous times. He said, "The tree is known by its fruit" (Matthew 12:33, NASB). He told the parable of a gardener asking for another season to fertilize and care for a tree that did not bear good fruit (see Luke 13:6-9). Those images from Jesus' teaching inspired us to plant and nurture growth in our daughters in such a way as to produce the fruit of the Spirit.

The gardener is one who tends the plants. In the famous French painting *La Belle Jardinière* by Renaissance artist Raphael, motherhood is symbolized as a beautiful gardener.

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As mothers we are gardeners, and, we hope, ones with beautiful hearts, as the French words for “beautiful gardener” imply. Each chapter in *Raising a Young Modern-Day Princess* begins with a thought about you, Mom, La Belle Jardinière who is nurturing the fruit of the Spirit daily in the heart of your daughter.

Proverbs 17:22 tells us that “a cheerful heart is good medicine” (NIV). As parents, we strive to do everything right so our children will become well-adjusted, respectable individuals. But in the midst of our focused parenting efforts, they sometimes surprise us with moments of innocent, unexpected humor that bring a smile or even a hearty laugh. To tickle your funny bone, we have also seasoned each chapter with a cute quote from and about today’s kids.

### *Daughters of the King*

“As many as received Him, to them He gave the right to become children of God, even to those who believe in His name” (John 1:12, NASB).

God calls us all to believe in Him. In turn, He blesses believers and welcomes each one as His child. Thus, we are daughters of the King. In the Lord’s Prayer, we pray, “Thy kingdom come,” a reminder of our eternal place with God in heaven. Throughout this book we’ll use the term *princess*, and by that we mean “child of God.”

### *Dad’s Toolbox and Special Activities*

Each chapter includes sidebar ideas for dads, or step-in-dads, as we like to call them (such as a grandpa, uncle, or good family friend who connects with your daughter). Little girls

look to their dads or other males for approval and love. Our prayer is that if a girl's birth father is unavailable, then a step-in-dad will become part of her life. God is calling many men to become "fathers to the fatherless." He promises to bless those who help children who need someone to fulfill the caring role of a loving father (see Deuteronomy 24:19-21).

Fatherhood is a rite of passage, a new season of a man's life. It will be one of the most rewarding journeys and, at times, one of the most challenging. I (Doreen) hope to provide you dads with some essential tools that my father (a carpenter by trade) and my husband, Chad (a seasoned home and hotel contractor), both used. I will compare the tools to fatherhood skills, to show how to build, fix, or refine your daughter's life. Picture yourself as you mentally lay out a blueprint and collect some of the most important tools required for the task, placing them in your toolbox to use as you help your daughter see the attributes of a loving dad.

In each chapter I (Karen) included ideas for dads to connect with their daughters and activities just for your little princess and you, the special man in her life.

### *Treasures*

We want our daughters to treasure God and to understand how much He treasures them. We speak of treasures and use a treasure-box activity that connects Bible stories with special items to store in the treasure box.

We also know God treasures our daughters and we are all precious to Him. Let the treasure box be a special connection for your daughter and her relationship to God.

*Personalities*

According to Psalm 139:14, God skillfully makes each individual. Along with outward features such as eye color and nose shape, God also creates each one's innermost being. That includes personality. Research, including studies at the University of Edinburgh and the Albert Einstein College of Medicine, continues to show a connection between a person's genetic makeup and his or her personality.

In chapter 1, different personalities are described, and two simple personality profiles are provided to help identify your personality and your daughter's personality. Each chapter provides ideas on how to nurture a particular fruit of the Spirit through your daughter's personality strengths.

*Fruit of the Spirit*

Fruit is the natural outcome when a fruit-bearing tree or bush grows and receives necessary water, nutrients, and care. We cannot simply wish that our daughters will be kind, joyful, or loving, or demonstrate other attributes of the fruit of the Spirit. For real fruit to be produced in a person's life, the seeds must be planted and nurtured. Think of it like this: We can plant a watermelon seed, but only God can provide the sunshine!

As we journey together through the chapters of this book, we'll explore ways to nurture fruitful virtues in our daughters. At the same time, let's remember to trust the outcome to our heavenly Father. As we help our daughters grow to be like Christ, those fruits, or character traits, will also grow as He develops them in His image.

*Princess Mothering Chart*

To show the relationship between your efforts and the desired outcome in your daughter’s life, we created a chart that also reflects this book’s layout. Each mother’s action is listed in the form of an acrostic and serves as a key to nurturing a particular princess attribute to help develop a specific fruit.

Each chapter begins with the mother’s action and progresses to show you how to nurture the desired trait and fruits in your daughter’s life. Each chapter ends with a variety of activities to practice and to apply these ideas and principles. You’ll also find tools to help develop your own skills as a mother of a princess.

The chart shows how your actions as a mom can lead to princess attributes, then to specific fruits.

<b>Mother’s actions</b>	<b>Princess attributes</b>	<b>Resulting fruit</b>
<b>P</b> -erceive	<b>P</b> -rayerful	<i>Faithfulness</i>
<b>R</b> -efine	<b>R</b> -espectful	<i>Peace</i>
<b>I</b> -nspire	<b>I</b> -nspired	<i>Joy</i>
<b>N</b> -urture	<b>N</b> -oble	<i>Goodness</i>
<b>C</b> -ultivate	<b>C</b> -ompassionate	<i>Gentleness</i>
<b>E</b> -ncourage	<b>E</b> -ncourager	<i>Kindness</i>
<b>S</b> -how Her	<b>S</b> -elf-controlled	<i>Patience and self-control</i>
<b>S</b> -erve	<b>S</b> -ervant	<i>Love</i>

The last chapter includes two important celebrations. First, there’s a tea party book launch to enjoy before starting the book. (Be sure to flip to the back to see those plans and ideas.) Then, there’s a blessing ceremony to hold after the

book is completed. You're encouraged to plan and complete these activities to get the most out of this book.

### **Our Desire for Moms**

You might want to commit Galatians 5:22-23 to memory, because it forms the foundation for your journey with your daughter through this book. “When the Holy Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control; and here there is no conflict with Jewish laws” (TLB).

It's important to note that the fruit of the Spirit grows out of a heart that trusts in Jesus Christ. When a young girl comes to know Jesus personally, she can be confident that she is a daughter of the King, one who lives as a true princess. We pray that all moms and their daughters will ultimately embrace their royalty and use the keys of the kingdom that will open doors to experience God's blessings. May you see the fruit of the Spirit in your own life and your daughter(s)—the evidence of both young and mature Modern-Day Princesses.

#### *Leading a Child to Christ*

If you are looking for a helpful way to introduce your daughter to Jesus, here is a simple approach, adapted from *FaithLaunch: A Simple Plan to Ignite Your Child's Love for Jesus* by John Trent, PhD, and Jane Vogel:

Start your conversation by saying something like:

“I like being with you. God likes being with you,

too. He even wants us to come live with Him forever someday.”

Open your Bible to 1 John 3:1 and read it aloud.

Say, “God wants us to be part of His family! Because of Jesus, we can be God’s children. Do you know what Jesus did that made it possible to be God’s children?”

After your daughter responds, confirm or clarify her answer by reading 1 John 2:12.

For older children, ages eight and up, you can use the word *relationship*. Ask your daughter what kind of relationship she likes to have with a friend, with you, and with a sibling. What kind of relationship would she like to have with God?

Help her understand the kind of relationship God would like to have with her by looking at John 14:23-27 and John 15:14-16.

Explain to her that God invites us to join His family by believing in His Son, Jesus.

If your daughter hasn’t responded to that invitation yet, ask whether she would like to do so now. If the answer is yes, you may want to lead her in a prayer like this:

*Dear God,*

*I know that my life isn’t right without You. I know that I sin—I do things that are wrong, and don’t do things I should. You said You love me even though I’m still a sinner. Will You please forgive me and give me a new start?*



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*I want You to be my heavenly Father. I believe Your Son, Jesus, died to pay the price for my sin and rose to life again. I accept Him as my Savior to rescue me, and as my Lord to be in charge of my life.*

*In Jesus' name I pray. Amen.*

If your daughter isn't ready, don't press the matter. You may want to pray with her, though, asking God to help her to discover the treasure of getting to know the One who loves us so much.

# Guiding and Growing a Daughter of the King

*La Belle Jardinière dreams of a fruitful garden filled  
with beauty and begins planning for the future.*

Guiding Mothers  
Princess Attribute—Teachable Spirit  
Introduction to the Fruit of the Spirit

THE MORE YOU understand your child and her needs, the easier it will be to guide her. We are here to help you learn as much as you can about the way God has uniquely designed your little girl. So this chapter focuses on personality types, using a simple profile that enables you to identify your daughter's personality.

The activities at the end of the chapter will also help you introduce the fruit of the Spirit to your daughter and provide ideas about nurturing her according to her individual personality.

And because Dad plays such a vital role in raising his princess, it's important to remind him to focus on his daughter's individuality to help her grow. Karen's cousin Gary learned

how much his young daughter valued individual time with him when they went on their first daddy-daughter “date.”

### **Gary’s Story: A Butterfly Tea Party**

Mary helped her three-year-old daughter, Juliette, prepare for a special day with her dad, Gary. Then Mary left for an outing with their son, leaving everything up to Gary. It took him a little while to get the hang of this first date with his daughter.

Before they even left, Juliette spun around and around. She kept telling her daddy she was ready to leave. Then she beamed as she looked up at him and said, “I have a new dress.”

Gary realized his little girl wanted a compliment. He squatted down, looked into her eyes, and said, “Juliette, you look beautiful.” He took her hand and they walked to the car. After buckling up and pulling out of the driveway, Gary thought, *I think I’ll just turn on the radio and listen to the basketball championship.* But then he heard his daughter’s voice.

“Today is a Daddy day. I’m so happy.”

*Uh-oh,* Gary thought, *I’d better listen for a while. It’s an hour’s drive, so she’ll quiet down soon.* But Juliette chattered on happily and asked questions throughout the whole ride. Every time Gary thought about asking her to be quiet, she repeated that it was a Daddy day. He sighed, realizing he wouldn’t be hearing the game, and stayed tuned in to her.

At a nature center they headed to the butterfly garden and tea party. Gary discovered he was expected to help Juliette make a butterfly crown, take a nature walk, dance with her, participate in other activities, then sit and have tea. He cheerfully helped his little girl and chatted with her.

He helped twist chenille stem antennae and complimented Juliette when she donned her butterfly crown. He noticed her polite manners and praised her. They laughed together as they sipped their drinks and ate their tiny cakes.

Juliette smiled the entire afternoon and chatted with the other little girls and the leaders. On the drive home she fell fast asleep. As he thought about their day, Gary realized he'd seen a new side of his daughter. *She's a little social butterfly*, he thought.

Gary looked forward to more dates with Juliette and special bonding times. He knew his role was to teach her how to expect a gentleman to behave and prepare her to make good choices as she grew up. And he was grateful for the opportunity to help shape his daughter's life and her future.

## **How to Be a Guiding Mom**

Effective parenting includes responding to your daughter as Gary did by listening to Juliette's words and understanding her unique bent. You can tune in to your child's personality, whether she is bubbly and outgoing, quiet and reserved, relaxed or energetic. Sometimes a gift will come your way to help you discover more or receive deeper insights. A personality profile is one of those gifts we believe will help you effectively guide your daughter.

I (Doreen) have learned from personality profiles that both Karen's cousin Juliette and my daughter Hannah are Social Butterflies. Hannah loves to talk and tell stories, for example. She is ready to give a cheerful, uplifting word or hug when needed. She's in tune with others and makes an

effort to reach out and pray when she sees someone is hurting. While some of her Social Butterfly characteristics are obvious on the surface, it's also helpful to use a personality profile to clearly identify her unique needs and gifts.

When it comes to raising a little princess, you may have encountered some distinctive traits that generally apply to females. Of course, children differ widely, but you might observe that some of these behaviors are more common with very young daughters compared to sons:

- They are most likely little chatterboxes and enjoy having an audience, even if it's an audience of one.
- They tend to gesture more, starting young by waving bye-bye.
- Hand movements reveal their desire to communicate, even without words.
- Girls are quicker to pay attention to other people's facial expressions, making them prone to be more empathetic to others in distress.

Characteristics that come into play within a few months of life demonstrate each girl's own little personality.

In recent years I've come to appreciate the value of identifying your own personality traits, as well as those of your child. This truly helps us understand how uniquely God made each of us, and it also gives us new ideas about the best ways to motivate individual children.

Personality profiling has changed the lives of adults, including myself. Thousands of people have gained insights about themselves and others by using the *Wired That Way*

*Personality Profile* written by Marita and Florence Littauer, personality experts for more than thirty-five years.

Like most parents, I began parenting my little girls without a personality profile. But it would have been so helpful to have had one during their formative years. By God's grace, a mom's intuition, and observing my daughters' behavior, I was able to assess some of their basic personality traits. When I was introduced to the Personality Profile, I took it immediately and began to discover what God had placed within me. I am a Social Butterfly and Born Leader, in that order.

Understanding myself helped me to be a better mom to my girls. I recognized my weaknesses as well as my strengths and saw how they influenced and affected my daughters. Then, discovering their personalities as they began to develop equipped me to encourage and to guide them individually. As a result, they were able to better understand and comprehend my instructions or requests, and to respond appropriately.

A Social Butterfly is just one of four personalities. The others are: Born Leader, Princess of Order, and Everyone's Friend. The four basic personality profiles can help you quickly identify some of the unique, God-given characteristics of your daughter, her siblings, and friends. The mom's profile is more detailed; it will enable you to recognize the personality traits God chose to place within you. It's also a great tool to begin understanding other family members and people in your life.

At the end of this chapter, you'll find two simple personality profiles to help evaluate your own and your daughter's personality. I trust they will provide insights to help strengthen

your relationship with your daughter. Take time to complete both profiles, and you'll see how relevant they are to the material in this book.

Many years ago I identified my daughter Brandy as my Born Leader. As soon as she began to talk, she lined up her dolls and told them what to do and how to do it. She sounded just like me! The tone of her voice sounded more commanding than encouraging. I took note and worked to change my way of leading her, encouraging her to follow rather than always just instructing.

Kamy is our Social Butterfly. The day she finally began to talk, she spoke in full sentences. From then on she talked incessantly. She loved making others laugh. Learning to listen and obey was her greatest challenge. Knowing my girls' personalities was a tremendous help: Brandy felt safe when all was in order. Fun motivated Kamy to get things done! I remember watching Brandy begin to understand her sister. She would say, "Come on, Kam, let's do this. It will be fun!" Kamy learned to talk Brandy into a chore by saying, "Bran, let's do this together, and it will get done quicker!"

Understanding yourself and each other will produce greater peace in your homes.

### **Developing Your Daughter's Teachable Spirit**

We are both certified personality trainers and have spent years studying and working with different personalities. I (Karen) also noticed great differences in my two daughters' personalities. Those differences brought out the best in

them—and the worst when they clashed! They both loved being around people, but Rebecca, the Born Leader, wanted control and wanted to lead everyone. I started to discover Rebecca's personality while she developed in the womb. My Born Leader decided to dictate when I could sit and kicked hard if I rested when she evidently wanted me to walk or work. She seemed to set goals that included swimming twenty laps around the pool in the womb every night before she settled down so I could sleep.

Darlene, a combination of Social Butterfly and Everyone's Friend, cared more about turning any activity into a party, being the center of attention, and keeping peace. In restaurants, Rebecca cringed when Darlene stood up to dance around and spoke to strangers at other tables. Darlene pouted if Rebecca scolded or prompted her to sit down. I often reminded them they were different and needed to rejoice in the uniqueness of the other. Most of the time they liked to play and pray together, with Rebecca leading and Darlene joyfully joining in the plans.

Let's look at the four personality types. A Social Butterfly, also known as a popular *sanguine*, loves attention and fun and always seems full of energy. These girls are exuberant, like bright colors, and make friends instantly.

A Born Leader, who is also called a powerful *choleric*, wants control and is a natural leader. These girls are goal oriented and accomplish more than any other personality. They desire loyalty, respect, and appreciation for their work. No challenge is too great for these little princesses.

A Princess of Order, also known as a *melancholy*, likes to think and is happy to play alone. She is quiet, thoughtful,



and hesitant to try something until she believes she can do it perfectly. She can whine and complain a lot, but she also stays focused on her task.

Everyone's Friend, also called a *phlegmatic*, is a content child who likes to rest and resists change. This child is naturally witty and very likable and seeks peace. These girls tend to procrastinate and seldom worry.

When you complete the personality profiles at the end of this chapter, you might see your daughter in a new light, and better understand what brings her joy and what challenges her. Working with your little girl's natural God-given wiring will make a huge difference in the way you relate together. And understanding your own personality might help you see more clearly why you sometimes don't see eye to eye, or why you share some traits (for better or worse!).

## *Fruitful Activities*

### *Fruit of the Spirit Verse*

"When the Holy Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control; and here there is no conflict with Jewish laws" (Galatians 5:22-23, TLB).

### *Fruit Salad*

Make a fruit salad with your daughter. Enjoy eating it, and talk about how you'll be discovering a special kind of "fruit" that will grow in her heart and character. Talk about the different

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spiritual fruits in the verse. Explain that you'll have fun doing activities that develop those fruits so that your daughter can become a true daughter of the King.

### *Shop for Fruit*

Take your daughter to a farmer's market, or check the produce aisle at your local grocery store. Talk about fruits that are ripe and ones that are spoiled or not yet ripe. Explain that bananas may need more time to ripen, or that a watermelon might need a thump to determine if it is ripe. Talk about how fruits give us lots of nutrients and help us grow. Chat about how the fruit of the Spirit helps us and allows us to bring good things to the lives of others.

### *Helping Daughters Understand Personalities*

Help your daughter understand her unique personality combination and that of her friends.

- Read a copy of *The Treasure Tree: Helping Kids Understand Their Personality* (by John and Cindy Trent and Gary and Norma Smalley) and talk about personalities.
- Read Winnie-the-Pooh stories and princess stories, and chat about the characters' personalities. Who likes to be the leader? Who likes to party? Who is quieter? Who likes to sit and eat?

### *Obstacle Course and a Teachable Spirit*

Set up a short obstacle course. Include or create the following (or vary it depending on what you have around the house):

- chairs to go around or under
- blocks to jump over

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- a tunnel to crawl through
- a wood beam to walk across
- a ball to bounce or roll or drop into a bucket

After your daughter goes through the obstacle course, talk about the experience. Ask what she went over or under, and what she had to remember to do. Maybe she had to bend, turn, twist, do things in order. Or maybe she had to redo something like picking up a dropped ball and trying to toss it through a hoop again. Affirm the way she met the challenges.

Talk about the challenges of becoming a true daughter of the King. Point out that growing the fruit of the Spirit can be challenging too. We might forget to be kind and push someone in anger. We might want our way and not be self-controlled enough to wait our turn. Encourage her that the process usually will be fun and that she will be able to succeed with God's help. Be willing to see challenges as adventures. That's being teachable!

## *Dad and Daughter Activities*

### *Prepare to Raise a Princess Commitment*

Look at your precious daughter. Choose to make a written commitment in her baby book or letter to her. Keep a copy in your wallet or post it somewhere you will see it often.

Promise her:

- I will value you all the days of your life.
- I will invest time in your days.

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- I will believe in your dreams.
- I will guard your purity and your heart.
- I will correct and guide you as needed.
- I will love and treasure you always.

### *Dad and Daughter Dates*

Schedule some time for your little girl to go on a date with you. It might be a walk or a short trip for ice cream. Let it be a special time to be together. Remember to:

- Listen to your daughter.
- Compliment her.
- Be a gentleman.
- Thank her at the end of the date.

Ideas for Daddy dates don't have to be complicated or expensive. Here are some possibilities to get you started:

- Make a snack together.
- Watch a movie.
- Read to her.
- Do science experiments.
- Check the car together and wash it.
- Check a bike or tricycle together.
- Use a phone or camera for "photo ops," either inside or outside.
- Let her sing to you. (Sing together too.)
- Have a tea party.

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- Share a little “beauty time.” Can you braid her hair or tie a ribbon in it?
- Go on a shopping spree to a garage sale or dollar store.
- Pass a ball.
- Dance.
- Dress up Dad.
- Make something (from wood or even cardboard, such as a princess crown bedroom door sign).
- Build a fort with blankets and a table, or even a tree fort.
- Play miniature golf.
- Fly a kite.
- Go to the beach or a pool.

## Mom's Tools

### *Encourage a Teachable Attitude*

Rejoice when your princess learns something new. When your princess fails, encourage her to try again. Remind her that past practice can be turned into success.

- Praise your child for effort and not just results.
- Share stories of trying harder, like *The Little Engine That Could*.
- Show your daughter a task, and do it with her until she masters it. Let her do more of the work each time. For example: Make a bed. Show her how to do it one day, then have her help with some of the steps each day until she can do it by herself.

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- Don't scold failures. Explain what is incorrect and how to do better next time.
- Accept a child's ability and a child's results.
- Brainstorm ideas for learning something that seems hard.
- Make a picture book of steps, including failures, showing your daughter mastering a skill or task.

### *Mom's Personality Profile Directions*

Read each statement across each row. In box 1, 2, 3, or 4 place an X under the one that most often applies to you in that row. Total the X's at the bottom of each column. You should have two columns with higher numbers than the other two that identify your dominant personalities. Most often you will be a combination of two types.

1	2	3	4
<input type="checkbox"/> I am enthusiastic; I love to talk and to tell stories.	<input type="checkbox"/> I am outspoken and confidently share my opinion when asked.	<input type="checkbox"/> I approach new people cautiously and am very sensitive to their feelings.	<input type="checkbox"/> In a new situation, I would rather listen than talk.
<input type="checkbox"/> I tend to make quick decisions.	<input type="checkbox"/> The decisions I make are usually right.	<input type="checkbox"/> The decisions I make are based on all the facts.	<input type="checkbox"/> I don't like making decisions—others can.
<input type="checkbox"/> I make friends easily; I'm seen as cheerful and bubbly.	<input type="checkbox"/> I like to lead and organize the group.	<input type="checkbox"/> I am very loyal to my friends, but I enjoy being alone, too.	<input type="checkbox"/> I am easygoing and relaxed in a group, and I have a dry sense of humor when you know me better.
<input type="checkbox"/> I love to volunteer and inspire others to join in.	<input type="checkbox"/> I thrive on challenge and success.	<input type="checkbox"/> I have very high standards, and I love the details involved in work.	<input type="checkbox"/> I'm a good mediator, and I can find the easiest way to accomplish a task.

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1	2	3	4
<input type="checkbox"/> I'm often perceived as silly or wide-eyed and innocent.	<input type="checkbox"/> I'm often perceived as controlling and competitive.	<input type="checkbox"/> I'm often perceived as a perfectionist and a loner.	<input type="checkbox"/> I'm often perceived as low-key or indecisive.
<input type="checkbox"/> Life should be fun and exciting!	<input type="checkbox"/> Life should be productive and adventurous!	<input type="checkbox"/> Life should be beautiful and meaningful!	<input type="checkbox"/> Life should be relaxed and comfortable!
<input type="checkbox"/> I get bored easily.	<input type="checkbox"/> I hate mistakes.	<input type="checkbox"/> I need my space.	<input type="checkbox"/> I tend to compromise.
<input type="checkbox"/> I live joyfully and in the moment.	<input type="checkbox"/> I live fearlessly and independently.	<input type="checkbox"/> I live thoughtfully and sincerely.	<input type="checkbox"/> I live contentedly and at peace.
<input type="checkbox"/> If I were stranded on an island . . . I'd find other people to befriend.	<input type="checkbox"/> If I were stranded on an island . . . I'd figure out how to get us rescued.	<input type="checkbox"/> If I were stranded on an island . . . I'd explore and document its beauty.	<input type="checkbox"/> If I were stranded on an island . . . I'd relax and enjoy the beach.
<b>Total _____</b>	<b>Total _____</b>	<b>Total _____</b>	<b>Total _____</b>

### Directions for Little Girl's Personality Profile

Read each statement, then check the one in each row across that most often applies to your little girl. Total at the bottom of each column.

Note: It is most common to see a check here or there in other columns. That is not unusual. However, you will see your daughter most likely scoring highest in one of the columns that identify her dominant personality.

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Social Butterfly	Born Leader	Princess of Order	Everyone's Friend
Strengths	Strengths	Strengths	Strengths
<input type="checkbox"/> loves to tell her story	<input type="checkbox"/> tends to be more serious	<input type="checkbox"/> more sensitive and thoughtful	<input type="checkbox"/> has a quiet nature
<input type="checkbox"/> too quick to make a decision	<input type="checkbox"/> likes being the leader	<input type="checkbox"/> content to be alone	<input type="checkbox"/> naturally kind to others
<input type="checkbox"/> likes being the center of attention	<input type="checkbox"/> tends to always take charge	<input type="checkbox"/> happy in smaller groups	<input type="checkbox"/> very easygoing
<input type="checkbox"/> likes to talk rather than listen	<input type="checkbox"/> likes order	<input type="checkbox"/> appreciates pretty things	<input type="checkbox"/> great listener
<input type="checkbox"/> makes friends easily	<input type="checkbox"/> naturally confident	<input type="checkbox"/> likes order	<input type="checkbox"/> content to watch the group play
<input type="checkbox"/> loves excitement	<input type="checkbox"/> self-sufficient	<input type="checkbox"/> prone to love art or music	<input type="checkbox"/> is a peacemaker
<b>Total _____</b>	<b>Total _____</b>	<b>Total _____</b>	<b>Total _____</b>

Things to work on	Things to work on	Things to work on	Things to work on
<input type="checkbox"/> Forgetfulness	<input type="checkbox"/> too controlling	<input type="checkbox"/> easily saddened	<input type="checkbox"/> Stubbornness
<input type="checkbox"/> tends to exaggerate	<input type="checkbox"/> impatient	<input type="checkbox"/> wants everything perfect	<input type="checkbox"/> compromises too easily
<input type="checkbox"/> never likes to be serious	<input type="checkbox"/> prone to be self-centered	<input type="checkbox"/> anxious over small details	<input type="checkbox"/> hates too much noise
<input type="checkbox"/> tends to be naive	<input type="checkbox"/> can be obsessive	<input type="checkbox"/> doesn't like change	<input type="checkbox"/> must feel valued
<input type="checkbox"/> Disorganized	<input type="checkbox"/> insensitive to others	<input type="checkbox"/> can get overstimulated	<input type="checkbox"/> greater need for emotional support
<input type="checkbox"/> leaves things unfinished	<input type="checkbox"/> bossy	<input type="checkbox"/> oversensitive	<input type="checkbox"/> always finds the easy way out
<b>Total _____</b>	<b>Total _____</b>	<b>Total _____</b>	<b>Total _____</b>



You can learn a lot more about personality profiles and how they affect your parenting by reading the book *Personality Plus for Parents: Understanding What Makes Your Child Tick* by Florence Littauer.



## Dad's Toolbox

A blueprint is a plan that influences the subsequent design of a project. Isn't that what you desire to do for your daughter? You want to create a biblical plan that will be beautifully designed for her, and you want her to follow that plan to help her live life well.

An architect's blueprint is admired for its clean lines and fine details, providing vision and direction. The carpenter or contractor studies the blueprint, then fills his box with the necessary tools to begin and ultimately complete the project.

Look for Dad's Toolbox in each chapter to discover insights about using the appropriate tool to build purpose, value, and strength in your little girl's life. I (Doreen) am happy to share these tools based on observations about my own father, who was a carpenter, and my husband, Chad, a home and hotel contractor.

*I am going to look for a frog in the backyard  
to kiss. Only I don't want it to turn into a prince.  
I want to turn into a frog.*

LAYLA, [huffingtonpost.com](http://huffingtonpost.com)

