

“Wonderfully Made” Mother-Daughter Tea - Additional Resources for Moms

Resources to Address Panel Discussion Topics

Raising Daughters Who Respect Their Parents

- Articles
 - [Do Your Kids Respect You?](#) 9 practical ways to change your child’s attitude and build respect
- Books
 - [Raising Respectful Children in a Disrespectful World](#) – practical guide for raising respectful kids
 - [Raising Faith-filled Kids](#) – popular Catholic book from Loyola Press
 - [Parents’ Guide to Raising Almost Perfect Kids](#) - a truly Catholic approach to parenthood & the ONLY parenting book that applies the Theology of the Body to parenting, by Greg and Lisa Popcak
- General Resources
 - [Family Life and Parenting](#) - A host of articles and books for Catholic parenting from the foryourmarriage.org website of the U. S. Catholic Bishops

Getting Our Daughters to Open Up

- Articles
 - [10 Ways to Get Kids to Open Up](#) – a helpful article from BonBon Break, an online magazine for modern moms
- Podcasts
 - [Momfidence](#) - A Podcast for the Joys & Struggles of Real Motherhood, for moms at every age and stage from Lisa Popcak, Catholic author and speaker

Helping Our Daughters Dress Modestly

- Videos
 - [Modesty](#) – a 2.38 minute video about dressing modestly in a way that encourages others to our authentic beauty, from Array of Hope

- Articles
 - [Where to Find Great Modest Clothing](#) – complete list of companies and places to find and purchase super fashionable modest clothing

First Period – What are the Signs?

- Videos
 - [Your First Period: What You Need to Know](#) – A 2.30-minute introductory video from St. Louis hospital on the signs that menstruation is about to begin.
 - [Empowering Teenage Girls to Know Their Bodies](#) – a one-hour video with a solid introduction to menstrual cycles and body changes from Natural Womanhood.

Helping Our Daughters with Positive Body Image

- Articles:
 - [Radiance, Body Image and Identity](#) - great article on positive body Image from “The Catholic Woman” website

Protecting Our Daughters from Sexual Predators and Web Dangers

- Handbook:
 - [Parent Handbook](#) - Practical Advice for Parents On Preventing Child Sexual Abuse (3-page practical handbook from Virtusonline.org)
- Web Resource
 - [Help! My Kid is Looking at Pornography](#) – from Covenant Eyes, an organization devoted to preventing and breaking porn addictions with tools for parents)