



## Recommended Resources for Helping Children Know Their Worth

### Books

#### **Love Her Well: 10 Ways to Find Joy and Connection with Your Teenage Daughter**

*by Kari Kampakis*

Moms are eager for tips and wisdom to help them build strong relationships with their daughters. This book provides ten practical ways to do so, not by changing their daughters but by helping moms change their own thoughts, actions, and mind-set.

#### **Liked: Whose Approval Are You Living For?**

*by Kari Kampakis*

For many girls it starts early. The desire to be *perfect*. The need for *approval*. The longing for *acceptance* and being *liked* by a lot of people. This powerful book for girls in the digital age is designed to empower teens and tweens through the Christian faith. It is packed with godly wisdom and practical advice related to identity, friendships, social media, and a relationship with God.

#### **10 Ultimate Truths Girls Should Know**

*by Kari Kampakis*

Teen girls deal daily with cliques, bullying, rejection, and social media fiascos. Girls don't have to compromise their integrity or their future to find love, acceptance, and security. Some of the 10 truths explored in this book include:

- Kindness is more important than popularity.
- People peak at different times of life. Trust God's plan for you.
- Get comfortable with being uncomfortable. Otherwise, you'll never stick to your guns.
- Today's choices set the stage for your reputation.
- You were born to fly.

#### **Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boys, and the New Realities of Girl World**

*by Rosalind Wiseman*

This book will take you inside the secret world of girls' friendships and the powerful role cliques play in shaping what they wear and say, how they respond to boys, and how they feel about themselves. In this candid, insightful book, Rosalind dissects each role in the clique: Queen Bees, Wannabes, Messengers, Bankers, Targets, Torn Bystanders, and more.

## **Child of Light, Divine You Are**

*by Stefanie Hart*

This inspirational book speaks to the heart and soul and reminds us of the goodness within. Readers will enjoy the empowering and wonderful message about choices, our gifts within and affirmations of self-love.

## **When God Made You**

**by Matthew Paul Turner**

This playful, charming rhyme and vivid, fantastical illustrated book inspires young readers to learn about their own special gifts and how they fit into God's divine plan as they grow, explore, and begin to create for themselves.

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