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and *Beautiful Already: Reclaiming God's Perspective on Beauty*



10 Beauty Essentials to Teach Your Daughter

In this e-book, you will find:

- 10 tips to help your daughter know and believe that she is beautiful
- Practical action steps to engage your daughter in genuine, godly conversation about beauty
- Great reminders and tips for mothers who struggle with beauty!

**BONUS
CONTENT
INCLUDED!**

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I didn't realize that my daughter was paying such close attention...

One day, I took my then five-year-old daughter, Abbie, shopping with me. I needed to check out some new clothes and didn't want to pay for a sitter. My youngest little girl has a kind and loving heart, so I can always count on her to have sweet and supportive things to say. After we arrived at the store, it took a few minutes for me to choose some clothes to try on in the dressing room. As we entered the hallway of the dressing room area, I realized that there wasn't a place for Abbie to sit. So, I brought her inside of my small dressing room and settled her on the little perch in the corner of the room.

Promising to be quick, I handed Abbie some crackers and turned to disrobe. Since the dressing room can be a judgment room, I mentally prepared to get half-naked and try on clothes that may or may not fit. *What if it doesn't fit? I should have worked out more. I wish that I was 10 pounds thinner!* My little cherub munched on her crackers as I slipped out of my coat and turned to remove my top. Then her munching stopped and her little voice piped up: "It's OK, Mommy. I won't laugh."

So much for thinking that I had kept my insecurities to myself!

I was wrong. Somewhere along the line, my five-year old daughter picked up on my frustration over my size, shape or style, otherwise known as my "ugly struggle with beauty":

"Why don't I ever look good in anything?"

"My feet are SO big! Goodness, someone could use these for a boat!"

"Look at these hips! Nothing ever fits right over these hips!"

I never wanted Abbie or my other daughters to sense my discomfort with my body. Yet I had passed my negative thinking and feelings about my size and shape on to my daughters.

What lessons did you learn about beauty from your mother?

In October 2013, I launched the “Created with Curves” survey. This survey was taken by 525 women around the world regarding the topic of beauty and how it has impacted their lives. The results were powerful—and painful! The two words women used most often to describe themselves were “fat” and “ugly.”

I also asked women to think about what factors influenced them the most. Many women reflected on how their mothers’ ugly struggle with beauty was passed along to them. Here’s one woman’s story:

My mother is a beautiful woman by anyone’s standards, but she does not see it that way. To this day, she works to support her beauty habits. She’s had breast augmentation, countless peels and laser resurfacing and practically lives at the salon. This was my model. I remember my mother telling me that I was beautiful, but I also remember her worrying about what I was eating, and how my hair looked, and what other people would think about me. I scrutinize every imperfection on my face. I have long, full hair that other women compliment me on, but it’s fake. I shop a lot. I constantly size myself up against other women. It is honestly exhausting at times.

Clearly, her mother never intended for her daughter to inherit her ugly struggle with beauty, but our words and actions influence our daughters more than we realize.

Protecting our daughters from our ugly struggle...

Moms, we never want for our daughters to experience the same sadness and frustration that we encounter in the mirror, right? If our daughters express a beauty-related struggle, we’re quick to go out and buy something to help. We make sure they have acne-free skin, pay for nose jobs, or by them stylish clothes. Yet trying to address their physical struggle doesn’t matter if our girls are also carrying around OUR beauty-related pain in their hearts and minds.

So, what do we do to influence our daughters away from our ugly struggle? We must proactively equip them to understand their God-given, beautiful identity.

“I watch my twelve-year-old daughter look at herself in the mirror the way that I look at myself. I am careful not to criticize myself in front of her so that she does not do that to herself. She is beautiful and that inspires me to work on my own self-esteem concerning beauty.”

-Created with Curves participant

This e-book contains 10 beauty essentials that you can teach your daughter to understand her beautiful identity. You may also find that while you are teaching your daughter, your confidence in your God-given beauty will blossom as well!

1

UNDERSTAND YOUR BEAUTY NARRATIVE

“I’ll never forget the day when a woman came up to me and said, ‘No you could never be on a magazine cover. Your face features don’t work; your eyes are small, you have a small face but a big nose.’ I was only 14, and I had never noticed any of that stuff, you know?”

-Gisele Bunchen, supermodel

Every woman has what I like to call a “beauty narrative” or stories related to experiences with her shape, style or soul. What are the “I’ll never forget” experiences in your life? We all have positive and negative experiences. Think about your opinions and experiences with beauty and find a way to talk with your daughter about them.

ACTION STEP: What are your beauty-related hurts or hang-ups? What past events do you need to challenge or forgive? How would you define beauty for your daughter and what can you share about your beauty narrative?

2

KNOW YOUR “PRESSURE POINTS”

How often do you scroll through social media or watch television and sigh because you feel frumpy or ugly as compared to the women that you see? Do you realize that your daughter can or will pick up on your vulnerability or sensitivity to those images? She’ll know by the look on your face or the gallons of pitiful-me ice cream that you’ve eaten as you struggle over how you feel about other women and their appearance. It’s time for you to protect yourself from those less-than moments and teach your daughter how to do the same.

ACTION STEP: Your daughter is watching your reactions, so properly guarding your heart will show her how to guard her heart. Consider whether or not you should reduce or eliminate your access to any media that produce inadequate feelings. It’s not worth finding out which celebs are dating if your well-being suffers.

3

ASK FOR HER OBSERVATIONS

Your daughter is forming her beliefs and opinions about beauty, whether you realize it or not. If you've got a daughter of any age or stage in life, she's making observations. In fact, her beauty narrative is shaping as well! We can help our daughters keep their beauty baggage to a minimum if we help them talk about their beauty narratives/experiences in real time and share our wisdom and love.

ACTION STEP: Asking questions is a great way to engage your daughter. Let her talk without correcting her or freaking out if she says something that, well, freaks you out. The idea here is to cultivate and maintain the relationship. You may need to help your daughter make some mental course corrections, but not during the conversation.

4

COMPLIMENT INSTEAD OF CRITIQUE

My three daughters loved to experiment with all kinds of outfits in their bedroom. Then they would traipse downstairs with the oft-asked question: "How do I look?" Our girls need as much affirmation as possible. As mamas, we like to fix and perfect. However, let compliments overflow and keep to just one critique.

REMEMBER THIS! The "How do I look?" question isn't always about the outfit. While your daughter is upstairs in her room trying on clothes, she's thinking about the different elements of her beauty narrative and whether or not what she is wearing will help her feel beautiful.

ACTION STEP: Ask her "How do you feel in this?" or "What do you like about this outfit?" instead of pointing out its wackiness or flaws. If she's not sure, then ask to see another option. If you need to discuss or establish clothing guidelines, do it at a separate time.

5

DE-MYSTIFY THE FEMININE MYSTIQUE!

When I was nine years old, my mom gathered a group of us to read us a book about the changes that would happen to our bodies. Oh, the horror! I remember the embarrassment. As an adult, I'm grateful that my mother took the time to explain—with pictures—the ins and outs of our menstrual cycle and sex.

Mamas, don't drop the ball on this! Don't stake your daughter's sexual education on a school program. She needs you! Sex is more than just physical. Your daughter needs you to properly frame the emotional and spiritual aspects of sex as well.

ACTION STEP: Don't feel pressure to have the "sex talk" in one conversation. As a friend wisely said, "Make it an on-going conversation." Let your daughter digest this BIG topic in little doses versus drowning her in details. Take your time and do it right!

6

SHOW HER WHAT TO "SEE" IN THE MIRROR

Did you realize that 94% of women do not believe that they are beautiful? This means that when most of us look in the mirror, we do not cheer for what we see. How can we tell our daughters that they are beautiful if we won't believe it for ourselves. We need to teach them how to see themselves as beautiful. We also need to teach ourselves, too! Here are three things we must learn to "see":

- See the GOODNESS - Our bodies were created by God and everything that God created is not only good, but beautiful!
- See the BLESSING - Our bodies are tools that can be used to bring joy and satisfaction to others, so let's celebrate our ability to hug, hold hands, carry, lift or share a prayer.
- See the PURPOSE - Our bodies have a God-defined mission to make a difference in the world.

7

TAKE CARE OF YOURSELF

Dear mamas, when it comes to raising our daughters, remember that it's more about "what's caught" rather than "what's taught."

How often does your daughter see you taking time to care for yourself? Does she see you eating healthy meals, working out, spending time with God or friends and resting? Or, does your daughter see you constantly stressed out, running behind, and always complaining about being tired?

ACTION STEP: Treat yourself the way that you want your daughter to behave when she is an adult. Include her in the process—it could be fun! Take her to get haircuts or on walks. Let her help you peel vegetables for dinner. What you model for her today will be her frame of reference in the quickly-coming tomorrow.

8

TEACH HER THESE 7 POWERFUL WORDS

We live according to what we believe. Therefore, if we want our daughters to believe that they are beautiful, that belief must become a part of how they think and feel. We can't believe it for them. However, we can point them in the right direction!

Here are seven simple words that you can teach your daughter. These words represent a powerful truth to push back against our culture's ever-changing beauty standards:

I am beautiful because God made me.

ACTION STEP: Write this sentence down on a note card and put it on your daughter's mirror. You can also program this as a reminder in your phone or your daughter's phone to remember each day. Memorize these words and repeat them until they sink in!

9

TELL HER THAT SHE IS BEAUTIFUL

One of the greatest blessings in my life were parents who told me that I was beautiful. But, here's the thing: During my growing years, I didn't believe them. Yet hearing those words from people that I loved and trusted still had an impact on my life. I didn't need to go looking for someone to tell me that I was beautiful.

Contrary to popular belief, telling your daughter that she is beautiful will not ruin her or make her a stuck-up snob. If you tell her that's she beautiful and let her make all of the rules and run the house, then you'll have a problem.

ACTION STEP: Look your daughter in the eye each day and tell her that she's beautiful. If possible, ask her father or a trusted male figure in her life to do so also. Give her this gift so she won't go looking for it in other places.

10

LOVE HER UNCONDITIONALLY

If you only pick one step out of this entire e-book, do this one!

When we have our daughters, our hope is that they wouldn't experience struggle or pain. Yet we live in a world where everyone struggles and we all make mistakes. Your daughter will make mistakes. Some of those mistakes might be pretty ugly. Some of those mistakes will break your heart.

Love her anyway!

ACTION STEP: Even if you do not see all of the important moments in her life, God will. Begin praying today for your daughter's heart, mind, and relationship with beauty. Cover her in prayer daily and ask God to remind her that she is precious—and His!

THANKS FOR DOWNLOADING THIS FREE E-BOOK! THERE'S MORE, SO KEEP READING!

You've completed the e-book "10 Beauty Essentials to Teach Your Daughters" and I hope that you enjoyed it!

I want to congratulate you on taking time out of your busy schedule to think intentionally about how to invest in your daughter. That's awesome! REMEMBER: You don't have to do all of these tips at once. That might be overwhelming! But, concentrate on a few at a time until they become a natural part of your relationship with your daughter and then add a few more. Before you know it, you and your daughter will be well on your way to great dialogue about God-designed beauty.

BONUS CONTENT!

Keep scrolling to the next page because I've included a wonderful discussion guide that you and your daughter can use for a mother-daughter lunch.

This guide includes some questions as well as a few scenario situations to start a conversation that I hope will turn into an on-going dialogue between you and your daughter or daughters.

This mother-daughter guide is designed for conversations between mothers and daughters between 10-18 years old.

MOTHER-DAUGHTER LUNCH TIME

A wonderful next step after reading this e-book is to set up a date and time to take your daughter out to lunch or to make a special lunch at home.

Please review the material below in advance so that you can give thoughtful answers to your daughter. She deserves it! If you have more than one daughter, my suggestion would be to take them out one at a time. Each daughter has a particular perspective on her beauty narrative, so time alone with each daughter will allow them to feel loved and valued. You will also have the chance to be fully dialed into each daughter's responses as well as non-verbal communication.



HOW TO SHARE YOUR BEAUTY NARRATIVE WITH YOUR DAUGHTER:

Here is a script that you can follow and fill in the blanks with your own story.

Wow! You are growing up so fast and I wanted to spend a little time with you today. Now that you are older, I would love to tell you some things about me that you might not know.

When I was your age, I was ...(describe your height, weight and body style).

My hair was cut and styled like ...(describe hair bring a picture if you can).

I loved to wear...(describe the kind of clothes you used to wear).

At night when I brushed my teeth, I would look in the mirror and think...(describe how you felt about yourself a child).

At school, the kids used to call me...(share the nicknames you were called).

As I grew older, I struggled with (share the part of your body) and I felt (share about the impact of the struggle).

*If you feel it's appropriate, feel free to elaborate on how you coped with your struggle. Now, when I look in the mirror, I see myself as...(describe your current view of yourself—be honest!).

I feel like (describe your attitude toward yourself as well as anything that you've learned; again, be honest and age-appropriate!).

I wanted to share my story with you today, because as you grow up you will have your own story. I want you to know that you can always come and talk to me. I hope that my story will make it easier for you to share what happens in your life at school and at home.

QUESTIONS THAT YOU CAN ASK DURING LUNCH

Start with a few, but don't feel pressured to use them all. Save some for a future conversation over lunch!

Did you understand my story? Is there anything that I need to explain in more detail?

Can you relate to any part of my story?

How do you feel about your body? Has anyone made comments about your body at home or school that have made you sad or confused?

How would you define "beauty"? Do you believe that you are beautiful?

Do you feel beautiful on the inside, outside, or both?

What's hard for you to talk about?

Do you have any questions?

Would you like to have lunch like this again?

Prayer: *"Dear God, thank you for my beautiful daughter. She is beautiful because You made her. I pray that she always remembers this important truth. Help me teach her how to discover her beautiful identity in You. In Jesus' name, amen."*

About the author - Barb Roose



Barb Roose is a speaker and author overflowing with a passion to connect women to God and each other. She is the author of the book *Enough Already: Winning Your Ugly Struggle with Beauty* and a six-week DVD Bible study titled, *Beautiful Already: Reclaiming God's Perspective on Beauty*. Barb has been speaking at conferences, churches and women's ministry events since 2005.

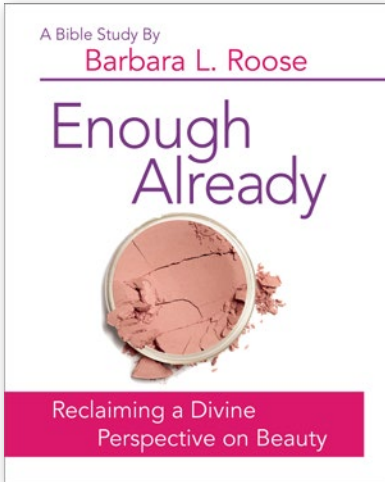
She inspires women through challenging biblical teaching, personal stories and a deep love for each audience that clearly communicates how much they matter to God and to Barb. She loves connecting with women on social media at [Facebook.com/BarbaraRoose](https://www.facebook.com/BarbaraRoose) or at BarbRoose.com.

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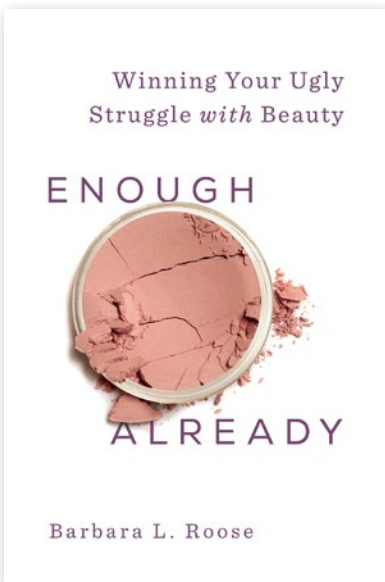
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During this six-week Bible study, women will unpack the beliefs or experiences that are holding them hostage. Together they will explore God's truth about beauty throughout the Scriptures, digging into passages in both the Old and New Testaments and applying the truths in their lives. They will move away from over-focusing on unrealistic expectations and perceived flaws toward God's viewpoint of their hearts, minds, bodies and souls. As women make this journey, they will:

- Be set free from the trap of comparison and self-ridicule
- Become comfortable in their own skin
- Reach beyond themselves to encourage and support other women

Purchase Leader Guide & six-week DVD video at your favorite Christian bookstore!



Do you ever wish that you were thinner? Younger? Taller? Most every woman knows what it feels like to look in the mirror and sigh with disappointment. Yes, we may love Jesus, but we can still get discouraged when we see fine lines around our eyes or armies of cellulite overtaking our thighs. We also feel less-than in a culture that defines beauty by seemingly impossible standards. How do we equip ourselves to live as beautiful, confident women in Christ? *In Enough Already: Winning Your Ugly Struggle with Beauty*, I share biblical teaching and stories from my own ugly struggle with beauty. Over the years, God has shown me how to see beauty through His eyes and not just my own.

Available in stories and BarbRoose.com/book