



## What Every 6<sup>th</sup> Grader Needs to Know: 10 Secrets to Connect Moms & Daughters

### Convo Card

#### Top 10 Questions from 6<sup>th</sup> Graders

1. Beauty & Body Image
2. Weight Worries
3. Being Me
4. Mom & Me
5. Puberty
6. Boys
7. Friends
8. Peer Pressure
9. School
10. Dreams & Goals



For more tips and helps visit

#### Conversation Connectors!

1. Find a good time for both of you.
2. Choose a good location (driving, Café, her room)
3. Start with a casual topic.
4. Move to more specific.
5. Choose 1-3 questions in the book that resonate.
6. Keep it short. About 15 minutes as a baseline.
7. Look for breadcrumb cues: what *she* talks about
8. Don't expect perfection.
9. Include some kind of refreshment.
10. Finish with a hug, a thank you, or appreciation.

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