



Raising Boys & Girls

with Sissy Goff & David Thomas

I. Who They Are

Stage 1:

He is

- 1.
- 2.
- 3.

He needs

- 1.
- 2.
- 3.

She is

- 1.
- 2.
- 3.

She needs

- 1.
- 2.
- 3.

Stage 2:

He is

- 1.
- 2.
- 3.

He needs

- 1.
- 2.
- 3.

She is

- 1.
- 2.
- 3.

She needs

- 1.
- 2.
- 3.

Stage 3:

He is

- 1.
- 2.
- 3.

He needs

- 1.
- 2.
- 3.

She is

- 1.
- 2.
- 3.

She needs

- 1.
- 2.
- 3.

Stage 4:

He is

- 1.
- 2.
- 3.

He needs

- 1.
- 2.
- 3.

She is

- 1.
- 2.
- 3.

She needs

- 1.
- 2.
- 3.

II. Parent Perspective



Meet the Speakers

SISSY GOFF, M.ED., LPC-MHSP, is the Director of Child and Adolescent Counseling at Daystar Counseling Ministries in Nashville, Tennessee, where she works alongside her counseling assistant/pet therapist, Lucy the Havanese. Since 1993, she has been helping girls and their parents find confidence in who they are and hope in who God is making them to be, both as individuals and families. Sissy is a sought-after speaker for parenting events and the author of twelve books, including the best-selling *Raising Worry-Free Girls, Braver, Stronger, Smarter* (for elementary aged girls), and her newest release, *Brave: A Teen Girl's Guide to Beating Worry & Anxiety*. Sissy is a regular contributor to various podcasts and publications as well as her own podcast called *Raising Boys and Girls*. You can find more information and resources at raisingboysandgirls.com.



DAVID THOMAS, L.M.S.W., is the Director of Family Counseling at Daystar Counseling (daystarcounseling.com) in Nashville, TN, the co-author of eight books, including the best-selling *Wild Things: The Art of Nurturing Boys* and *Are My Kids on Track? The 12 Emotional, Social & Spiritual Milestones Your Child Needs to Reach*. He is a frequent guest on national television and podcasts, including his own called *Raising Boys and Girls*, has been featured in publications like *The Washington Post* and *USA Today*, and speaks across the country.

He and his wife, Connie, have a daughter, twin sons and a yellow lab named Owen. You can follow him on social media at [raisingboysandgirls](http://raisingboysandgirls.com) and find the latest parenting resources at www.raisingboysandgirls.com.

Find more tips and encouragement on our BLOG at:
www.raisingboysandgirls.com



Available Resources from Raising Boys and Girls

Are My Kids on Track? - From birth to adulthood, our children's physical and intellectual development is carefully tracked and charted. But what about their hearts? After all, how our children develop emotionally, socially, and spiritually will determine who they become as husbands and wives, fathers and mothers, friends and co-workers. *Are My Kids on Track?* helps you identify and measure 12 key emotional, social, and spiritual milestones in your children's lives.

Intentional Parenting - Regardless of age, parenting requires a certain amount of uncertainty. But you can be certain that your children look to you to help them discover who they are. And you can only offer that to the degree that YOU know who you are. This book is built around 12 chapters that dispel some of the most common parenting myths. This book helps you discover first who you are and then takes that healthy person into a discovery of being more intentional, playful, consistent, merciful, and connected to your children. Understanding your child. Understanding you.

Brave - 1 in 3 teenage girls today struggle with anxiety. The good news is that anxiety is not only highly prevalent, it's highly treatable. There are things you can do at home today to help your daughter overcome her worry and anxiety. This book is meant to do just that. Part book/part journal/part sitting in Sissy's office for therapy, this book will give your teenage daughter practical strategies to beat worry and anxiety in her daily life. And, even more importantly, it will give her a foundational sense of the truth of God's love for her that can help her find her way back to Brave.

Raising Worry-Free Girls - If you have a daughter, it would be surprising if she doesn't struggle with anxiety and worry--either in short episodes or for longer periods. For a variety of reasons, childhood anxiety rates are soaring, especially among girls. Today's parents need to know what contributes to anxiety and worry and how they can empower their daughters to overcome troubling emotions. Addressing common age-specific issues, this book gives you the tools to help you and your child understand why her brain is often working against her when she starts to worry, and what she can do to fight back. With your help, she will find the anchoring truth of God's strong, safe love for her and the confidence she needs to thrive.

Braver, Stronger, Smarter: A Girl's Guide to Overcoming Worry and Anxiety - As a parent, you can use certain strategies to help your elementary-aged daughter when she struggles with worry and anxiety. But it is also important that she learn how to work through her emotions on her own. This illustrated guide--created for girls ages 6 to 11, the stage when anxiety issues often surface--will help your daughter see how brave, strong, and smart God made her. Through easy-to-read stories and writing and drawing prompts, she will learn practical ways to fight back when worries come up. She will feel empowered, knowing she is deeply loved by a God who is bigger than her fears. This level of trust is the spiritual antidote to anxiety and the path to feeling capable and confident in any situation.

Wild Things - This is a book for parents, grandparents, teachers, coaches, mentors and anyone who loves and cares for boys. It covers boy development from birth through the early twenties. The book will also speak to understanding the heart and mind of a boy, and give practical suggestions for what he needs at each stage.

Find more tips and encouragement on our BLOG at:
www.raisingboysandgirls.com