

MENTORSHIP



Encourage mentorship for young girls with a respected female community member to guide and protect them as they mature.

ADOLESCENCE



Plan for special event wearing traditional clothing within family/ community to celebrate first menstruation. Include gift giving and community members make promises of honouring and protecting the period of adolescence.

GIRL'S EMPOWERMENT DAY



Celebrate girls' achievements in school, leadership, or community service during a public recognition event.

How Families Can Honour a Daughter

NAMING CEREMONY



Practice non harmful rituals at birth. Naming ceremony: community gathering to celebrate the birth of the baby. Prayers, blessings, songs and traditional dance.

CHARITY ACTS



Parents give small gifts to charity in honour of their new daughter. Expressions of gratitude to God for the gift of a child.

WASHING RITUAL



Gently wash baby's hands and feet with scented oils as an act of purity and cleanliness.

PRAYER DAY



Hold a family event where elders and religious leaders give blessings and prayers for her future.

As parents, we wish to provide our daughters with the best start in life. Some families see *cutting or pricking* as a meaningful tradition or celebration. However, it is important to acknowledge that health experts, including the World Health Organization, emphasise that this practice can be harmful and does not offer any health or religious benefits.

Our priority should always be the wellbeing and health of our daughters, and there are many ways to celebrate their lives that promote their safety and wellbeing without causing harm.