**Mother Daughter Choices**

Pendleton Branch began offering Mother Daughter Choices in 1990 to fifth, sixth, or seventh grade girls and their mothers (or sponsors). The Mother Daughter Choices Program is designed to prepare girls for the kinds of decisions they will be making as they move into young adulthood. The program teaches valuable life skills such as goal setting, problem solving, decision making, and assertive responsible behavior. The six-week program provides an approach to encourage parental influence, self-reflection, and a focus on educational needs, career expectations, and personal planning. Small groups of mothers and daughters meet weekly in a relaxed environment to discuss issues of mutual concern.

After several years in which the Mother Daughter Choices program was not offered, two Pendleton Branch members, Mary Davis and Kate Ely, rejuvenated the program and offered it again beginning in February, 2016. They are in the process of updating the materials as they work through them with a new group of daughters and their mothers. They would like to add a similar program, known as Father Son Challenges, for boys and their fathers.





