

# RAISING WILDFLOWERS

The way we nurture  
confidence, softness,  
emotional safety,  
and self-trust  
in the girls we love.

*A guide for  
mothers raising  
girls with purpose,  
protection, and  
unshakable worth.*



*Ariyah's*

DREAMLAND

RAISING CONFIDENT GIRLS. TOGETHER.





*Welcome,*

I'm so glad  
you're here.

THIS GUIDE WAS CREATED FOR YOU—THE PARENT, CAREGIVER, MENTOR, OR LOVED ONE WHO WANTS MORE FOR THE GIRL IN YOUR LIFE.

You don't need another rulebook.  
You need a reminder of what truly matters.

This guide is here to support you in nurturing her confidence, protecting her softness, and creating an emotional safety that helps her grow into the most authentic version of herself.

*It's not about doing everything perfectly.  
It's about being present. Intentionally.  
Consistently choosing connection over control.*

Inside these pages, you'll find research, practical tools, meaningful reflections, and gentle guidance... not just for her, but for you, too.

Some days will feel hard.  
Some days you'll wonder if you're getting it right.  
That's okay.

You're here. You care. And that already makes a difference.

LET'S GROW SOMETHING BEAUTIFUL TOGETHER.

*With love,*

Bree Sprual

*Founder of Ariyah's Dreamland*

“

*We don't just raise girls.  
We help them remember  
who they were always  
meant to be.*



*Bree*



# The World Our Girls Are Growing Up Inside Of

There's a version of *girlhood* the world quietly hands our daughters.

**Be easy.**  
**Be liked.**  
**Be less.**

But I want something softer for her.

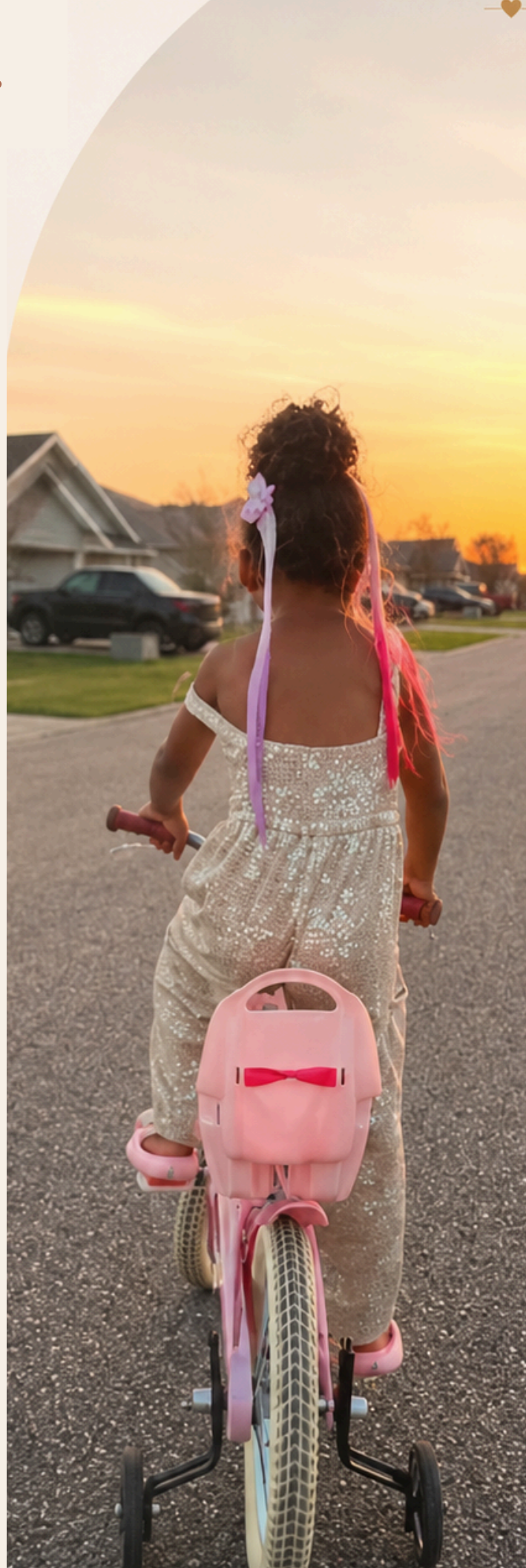
A childhood where her voice is safe.  
Where curiosity is protected.  
Where she never feels the need  
to shrink to belong.

Because the world will try  
to make our girls smaller.

And motherhood gives us a chance  
to interrupt that story.



*Let's build her a world*  
**WHERE SHE NEVER  
HAS TO SHRINK TO BELONG.**





# What the Research Shows

30%

Girls' self-esteem drops by nearly 30% between ages 8 and 14 (American Association of University Women)

2X

Teen girls are almost twice as likely as boys to report depressive symptoms (CDC Youth Risk Behavior Survey)

57%

57% of girls say they feel pressure to always be nice and polite

3X

Girls are more likely than boys to avoid leadership roles due to self-doubt (Girls Leadership / internal studies & leadership research)

5X

Children with strong emotional support are up to 5x more likely to develop healthy coping skills (Harvard Center on the Developing Child)

2X

Girls with strong, supportive female friendships are twice as likely to report high self-esteem (Journal of Youth and Adolescence)

# What the Research Shows



Confidence in girls **drops significantly** during adolescence, with many reporting **lower self-worth** by age 14.

*(American Association of University Women)*



By middle school, many girls begin to prioritize **being liked** over expressing their true opinions.

*(American Psychological Association)*



A secure **parent-child** relationship is one of the strongest predictors of **long-term** mental health.

*(Harvard University)*



Girls who are taught to trust their voice are more likely to advocate for **themselves** in adulthood.

*(Girls Leadership Organization Research)*



# What Our Girls Actually Need



## Safety to be themselves

Not just when they are sweet, quiet, or easy. But when they are curious, loud, tender, unsure, and growing.



## Room for big feelings

Girls need to know emotions are not too much. They are signals, stories, and invitations to be understood.



## Voices that are heard

Before our girls can speak boldly to the world, they need to know their voice matters at home.



## Love without performance

They should never feel like closeness must be earned through perfection, pleasing others, or being convenient.



## Models of softness and strength

Our girls need to see that kindness can have boundaries, and confidence can still be gentle.



*Raise her in a way*  
THAT LETS HER STAY  
ROOTED IN HERSELF. ♥



# Small Things Matter

Our girls may not remember every lesson we tried to teach them.

*But they will remember how home felt.*

The way we looked at them when they spoke.

The way we comforted them after hard days.

The small moments we repeated over and over again.

Because confidence is not built in one grand conversation.

It is built slowly

inside ordinary moments of love, safety, and connection.



## SOMETIMES IT LOOKS LIKE

- ♡ *listening without interrupting*
- ♡ *letting them take up space*
- ♡ *apologizing when we're wrong*
- ♡ *protecting their softness*
- ♡ *celebrating who they already are*



Little things  
BECOME INNER VOICES.





# How I'm Raising Her



## **I'm not raising her to be easy.**

I'm not raising her to be quiet, agreeable,  
or small enough to fit into someone else's expectations.

I'm raising her to know herself.

To trust the voice inside her — even when it's inconvenient.

To feel her emotions without shame.

To move through the world without asking for permission to exist fully in it.

I want her to be soft.



## **But never at the cost of herself.**

I want her to be kind.

But never at the cost of her boundaries.

I want her to be loved.

But never confused about who she has to become to be loved.

Because the goal isn't to raise a "good girl."

It's to raise a girl who knows who she is...

and doesn't lose herself trying to become who the world expects.

*rooted in herself.*



# She is Safe Here



## **Before she learns how to behave,**

I want her to learn how to feel.

I want her to know that:

her emotions are not inconvenient

her sensitivity is not something to fix

her tears are not something to hide

## **In this home, she doesn't have to earn safety.**

She doesn't have to **perform for love**.

She doesn't have to be "good" to be held.



## **She gets to be:**

loud

quiet

happy

frustrated

unsure

and still fully accepted.

*Because when a girl feels emotionally safe,  
she doesn't spend her life searching for it  
in places that can't give it to her.*

*she is safe here.*



# What She Will Know



- ★ **her voice** matters — even when it shakes
- ★ **“no”** does not need an explanation
- ★ she is allowed to **take up space**
- ★ her feelings are **not “too much”**
- ★ **softness** is not weakness
- ★ **curiosity** matters more than perfection
- ★ she does not have to **shrink** to be loved
- ★ kindness **includes herself**

*she belongs here.*



# She Will Know Who She Is

I don't want her to grow up wondering who she is.

I don't want her to look to the world to decide what she's allowed to be.

*I want her to know herself — early.*

To **trust her voice** — even when it's different.

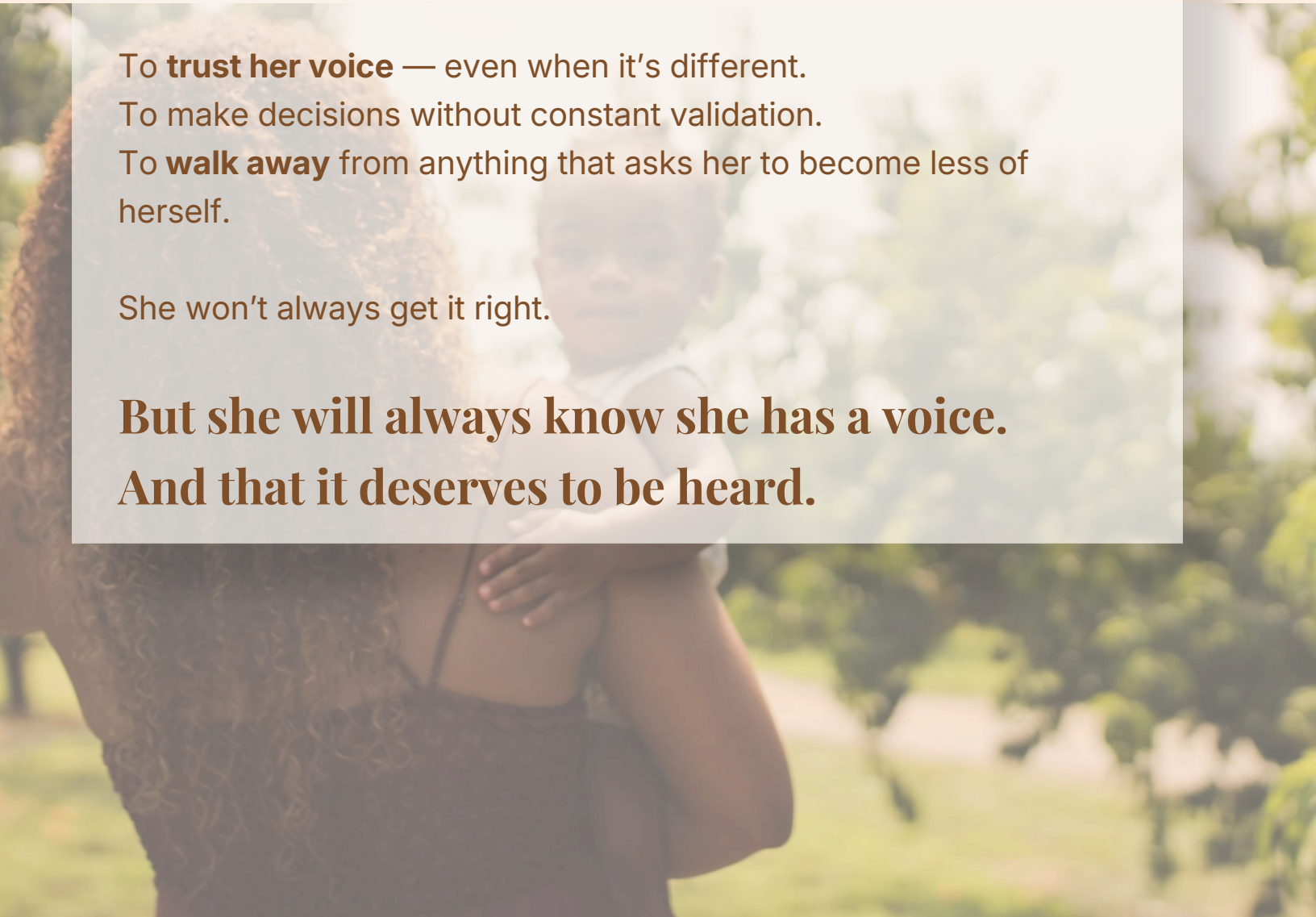
To make decisions without constant validation.

To **walk away** from anything that asks her to become less of herself.

She won't always get it right.

**But she will always know she has a voice.**

**And that it deserves to be heard.**



# The Kind of Woman She Becomes

THIS IS WHY IT MATTERS




A girl who **doesn't feel safe** learns to become who she needs to be to be loved.

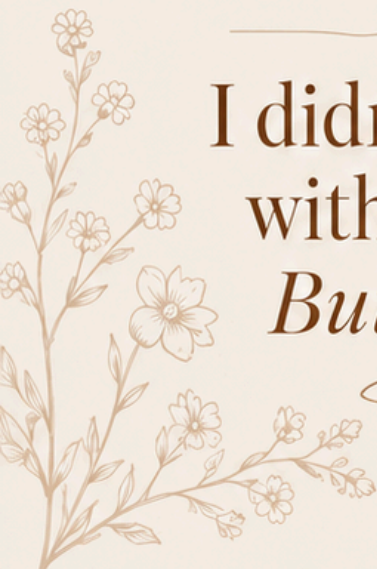

A girl who **isn't heard** learns silence.

A girl who is **constantly corrected** learns self doubt.

But a girl who is seen...  
who is safe...  
who is allowed to fully be herself...  
becomes a woman who **trusts herself,**  
**chooses herself,**  
and does not spend her life shrinking to fit inside places she was never meant to stay in.



I didn't grow up  
with all of this.  
*But she will.* ♥





# Raising a Girl's Girl

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01

I'm not just raising her to **believe in herself.**


I'm raising her to **believe in other girls too.**

To celebrate them.

To include them.

To stand beside them—  
**not compete with them.**

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02

She will learn this:

**Another girl's beauty does not take away from her own.**


Kindness is stronger than comparison.

We do not tear other girls down to feel secure.

03


*We believe women.  
We support women.  
We speak up for women.*

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And it starts here,  
in the way she treats the girls around her.

*Because the kind of woman she becomes  
is shaped by how she learns to show up for others.*

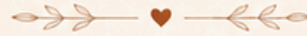


# Why I Care So Deeply About This



**This isn't just something I believe in.  
It's something I've lived.**

I've seen what happens when girls grow up believing they must become smaller to be loved.



**I've also seen what strength looks like.**

During my time in the military, I saw how powerful it is when women trust themselves, speak up, and stand beside one another instead of competing.

**And now, as a mother,  
everything feels different.**

Because I'm not just thinking about who she is today. I'm thinking about the woman she will become.

The way she sees herself.  
The way she allows herself to be treated.  
The way she moves through the world *with* herself.



**This is why I'm creating the kind of childhood where she doesn't have to shrink, question her worth, or earn her place.**

*And it's why I care so deeply about helping other mothers do the same. ♥*



Because our girls deserve to grow up knowing they were *never* meant to become smaller to belong.

She deserves  
a childhood  
where she *never*  
has to become  
smaller to feel  
worthy of love.



And maybe, in learning how to raise  
her this way,  
***we heal small parts of ourselves too.***

Because our daughters deserve softness.  
***And so did we.***

*Thank you for being here. ♥*

You're doing something  
so important, and the world  
needs more mothers like you.



◆ YOUR JOURNEY CONTINUES HERE ◆

Inside Dreamland, you'll continue finding gentle support, meaningful tools,  
and inspiration for raising girls who know their worth.



**Stories That  
Protect Girlhood**

Bedtime stories that  
empower, comfort,  
and spark big dreams.



**Printable  
Activities**

Fun, intentional pages  
for play, learning,  
and confidence.



**Encouragement  
for Mothers**

Reflections, reminders,  
and real support for  
your motherhood  
journey.



**Community  
& Connection**

A soft space to be  
seen, supported,  
and never alone.



**Tools That  
Grow Confidence**

Resources to help  
girls build self-worth  
that lasts.



More softness is waiting for you here.

EXPLORE DREAMLAND →

