

*How to Love
your First
Born Daughter*

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The Sacred Sequence of Children Series

The Birth of a Number One Girl

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Introduction: Understanding the Birth Order System

“I am going to have a baby.” For a first time parent this moment of discovery or confirmation can be engulfed with a myriad of emotions. From joy and wonder to despair and fear, the feeling of impending parenthood for the very first time invariably is tinged with some degree of trepidation. To be a parent is a remarkable responsibility. To use our skills, knowledge and wisdom to guide each child through their life is not to be considered lightly or undertaken casually. To do this effectively, respecting the individuality of each child and their life lessons, we need all the tools on offer.

There have been a number of books written on the impact of a child’s birth position, discussing the qualities associated with being born first, middle or last. However, each child is an individual and there are many factors that affect them. When seeking to understand the nature and qualities of a

specific child the influence of family dynamics should be taken into consideration. The understanding of family dynamics and the way energy moves through a family is a significant key to knowing children. Denny Johnson, the originator of the Rayid Birth Order, identified that energy flowed through a family in an identifiable binary code. When the first child in the family is a girl she is a manifestation of a specific vibratory quality which is different from that of a first born son. A first born daughter energetically is focused into the world. She is action orientated, physical and creates movement in her family. A first born son manifests a very different way of being in the world. He is typically an inwardly orientated dreamer, an independent thinker who has a remarkable creative mind. The power and influence of the first born child cannot be underestimated. Any further siblings are impacted on by the energetic quality of the eldest child.

The binary code dictates that a second born child will be the energetic opposite of their elder sibling. But what does this mean? If the first born is a boy he manifests the inwardly directed dreamer quality as previously mentioned. A second

child born after the first born son will manifest a vastly different energy. The focus of this child is outwardly directed, they are physically strong and action orientated. The alternating qualities of each child continues with the third being inwardly directed and the fourth outwardly directed and so on.... Recognising the unique qualities of each child in the family assists parents to raise their children with consciousness and with respect of the individual. *The Nature of Birth Order* by Johnson and Cuffe provides a valuable exploration into the qualities of a first born girl and boy and up to five siblings born after each.

The patterns that manifests in a family are visible and predictable. However, there are at times situations within families that alter the archetypal manifestation. In this booklet we explore the qualities of a girl born first in the family and how to best assist this child to achieve her potential in life.



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The Nature of a First Born Daughter

A parent of a firstborn daughter will rapidly come to recognise the gift she is to the family. Born with a strong sense of knowing who she is and her role in the family, a firstborn daughter is like a rock, a foundation on which the family is built.

When the first born in a family is a girl she is often referred to as the “Queen”, the “little Mother” or Daddy’s “little princess”. These names reflect the innate nature of the first born daughter’s desire to nurture and sustain the family into the future. She sees herself as the rock, the foundation on which the sustainability and survival of her family is built. This can be observed in the rapid development and maturity of this child. At an early age a first born daughter will take on the responsibility for other family members, particularly for her father and any younger siblings. It is not uncommon for this child to become very serious and burdened by her sense of family duty, leading them to forget how to be a child, how to laugh and how to play. It is as though the joy of a carefree

childhood is set aside and replaced with the more pressing need to ensure the family, is safe, happy, well fed, and looked after. This serious child may carry this sense of responsibility with her throughout her life. She becomes the one to organise the family gatherings – Christmas, birthdays, weddings. She is the one who family members turn to when they are having problems or relationship issues and she is also the one who feels the most pain when there is conflict between the parents.

A mother of a first born daughter needs to be aware that their relationship may not always be easy. It is important to understand that this child is born with a sense of knowing that whatever her mother can do well, she can do it better. This is seen in a diverse range of activities – from the care of younger siblings to the confidant and friend to her father – from cooking and cleaning to making decisions for the family. It is of great importance that a mother of a first born daughter understands that whatever she wants her child to be, then she must become it first. This means that if a mother wants her daughter to be happy, well balanced, confident,

care free, able to play and enjoy life, then she must actively practise this herself.

A mother must also be aware that it is easy to feel and express jealousy of the close relationship, the first born daughter has with her father. It should be noted that this child comes from the father's side of the family and as such she has a natural and deep genetic and energetic connection to her father. This closeness can exacerbate any feelings of a lack of communication or support between the parents leading to increased conflict.

A mother's role is to nurture the inner qualities of a child. Through her love she enables her first born daughter to take her warm caring spirit out into the world, to touch the hearts of many while maintaining a deep sense of self and her place in the universe.



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How to be a Loving Mother to a Number #1 Girl

There are many little ways a mother can strengthen her first born daughter's inner sense of self and individuality.

1. Play time: By playing with her first born daughter

a mother teaches her how to have and enjoy her childhood. It enables this little princess to balance her innate tendency to take on responsibility at an early age. Guessing games, word games, card games are all valuable. Teaching her to play, laugh and have fun is a great gift to give a first born daughter.



2. **Girl time:** Sometimes a first born daughter just needs “girl time”. Especially if there are other siblings it is important to make this child feel special. So leaving the younger siblings at home with Dad or a sitter, take your first born daughter to the movies, go shopping, walk on the beach – just the two of you having fun time together.

3. **Cuddle time:** A first born girl craves the feeling of togetherness. She will feel loved, nurtured and comforted if a mother will spend some time with her at night just laying down together and listening or telling stories. Or even if watching a movie before bed, this is a good recommended snuggle time.
4. **Grandma time:** A first born girl often has a close heart connection with their grandmothers. It is valuable to send her (on her own) to spend “grandma” time with each or her grandmothers. It is useful for this child to hear stories from her grandmothers about their own mothers.
5. **Dance time:** Anytime, anywhere put on some music and dance. Music and dancing is therapeutic, it frees a first born girl to experience joy and fun in their life.
6. **Family Fun time:** Playing board games together as a family is also a valuable bonding time. These times of



laughter and fun cannot be underestimated for the balance they bring to a first born.

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How to be a Loving Father to a Number #1 Girl

The father should be conscious of the need to lovingly teach his daughter the value of a happy and healthy relationship. How a father treats his wife teaches this child how to form relationships. The expression of love demonstrated between her parents will increase the potential for the first born daughter to attract and choose a partner who will best nurture and support her capacity.

A father is the first man who will hold her and kiss her and it is from her father that a first born girl learns about love. If the father has a difficult relationship with his own mother he may find it hard to relate to his firstborn daughter. It is important that a father not transfer any anger from his relationship with his mother and direct it towards his daughter. The feeling of loss or the absence of a father's love by a first born daughter is significant and it will affect her sense of self worth and her capacity to attract healthy relationships.

There are many little ways a father can love his first born daughter more deeply.

1. **Love your wife and show it:** As a father if you want what's best for your first born daughter, then it is important to nurture a loving relationship with your wife.
2. **Say I Love You:** To show your wife affection in front of your first born daughter is very important. Hugs, compliments, gratitude, appreciation and affection from a father to his wife is creating a pattern of a healthy relationship that will influence the type of partner a first born girl will choose. Verbalising your love for your wife teaches a first born girl to seek a partner who loves and adores her just as her “daddy” did her “mummy”.
3. **Support Life Learning:** A first born girl has four significant lessons in life. They are: individuality – learning to be herself; recognising self worth; how to be in the world without the need to control or manipulate others and how to overcome the fear of criticism and assault. It is the father's role to encourage his daughter to master these lessons by guiding her with the use of words and actions.

4. **Follow your Passion:** A father's role is to also to encourage his first born daughter to follow her passion. A first born girl often wants to please others and will set aside her own wishes and dreams to focus on helping and supporting the passions of other family members and friends.

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General Therapies

When a first born girl is under 2 years of age she requires a sense of physical security. This experience is best achieved through the loving touch of her parents. You can never hold, kiss, caress or cuddle this child too much. Baby massage is also highly recommended.

At this early stage of the first born daughters development, music and stories can play an important developmental role.

There are many of the classical fairy stories by the Grimms Brothers or Hans Christian Anderson that teach important life lessons within the symbology of the story. Cinderella, the Princess and the Pea, Hansel and Gretel and Rapunzel are just

examples of the recommended stories for a first born daughter.

Between 2 and 5 years of age, a first born daughter should be encouraged to venture outside of the house to play, run and walk. This child may demonstrate a tendency to stay indoors look after younger siblings and play at being mother. It is valuable for this child to be in nature, walking in forests, by rivers, up mountains; it strengthens her innate connection with the natural world. As she matures, watching documentaries on wonders of nature is extremely beneficial. For a first born daughter to know the names of animals, birds, plants, minerals is to relate to a world with which she has a natural affinity. When this child reaches six years of age you might consider giving her a pet to care for.

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When Pain Creates a Change

Life does not always work out as we would like, and sadly, some relationships do not last. For a first born daughter the

separation of her parents can be extremely difficult particularly if her relationship with her father is limited for some reason. The loss of the connection with her father may spiral this child into the depth of emotional pain and sorrow. Feelings of loss, sadness and aloneness may be overwhelming as she struggles to adjust to her new situation. If possible it is important that a first born daughter maintain a positive connection to her father, spends time with him and talks to him daily. It is also valuable for the father to record fairy stories that his daughter can listen to as she goes to sleep at night. This maintains for her that important sense of connection and feeling of being loved.

As this child gradually becomes accustomed to the absence of her father in her life, her previously difficult relationship with her mother begins to ease. In many situations their relationship becomes more like sisters than that of mother and daughter.

If the mother moves into a new relationship, this can bring another wave of turmoil for this child. The reactivity from the first born girl depends directly on the nature of this new man and his capacity to open his heart to this young girl and

her yearning for the love of a man (father). She may be angry with him for replacing her father or feeling wounded and mistrustful while also wanting his love and affection. It is not easy for a man to take the place of a first born daughter's home or heart. It is only by opening his heart to her and also her mother, that this child will see what it is like to love and be loved. If this new relationship is to work then the first born daughter needs to have a happy heart.

There are times when the father takes on the role of the single parent. Although initially more comfortable for the first born daughter, as she is with the "daddy" she loves, she may quickly begin to feel more responsible for caring for him. The feeling that her mother abandoned her may escalate her feelings of anger and hurt towards women.

A bigger challenge occurs if the father becomes involved with another woman, this is particularly noticeable if the first born girl is over 12 years of age. The relationship between a stepmother and her stepdaughter requires a lot of work. A stepmother must treat this child as if she was her own. In this relationship the stepmother needs to forge a bond and heartfelt relationship by spending time together like going to

the movies, shopping, walking on the beach, studying together – just the two of them creating a heart connection.

If “Daddy’s little princess” feels any sense of intolerance from the stepmother she becomes angry at both her father and the stepmother and will actively work to destroy the relationship. In this relationship as in all relationships LOVE is the only answer.



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Lovingly Using Language

How we speak to our children makes a big impact on their reactions and responses. Words and the tone of those words have the capacity to build up or tear down. As a parent we should not speak to our children without thinking about the words we are about to say as they can have lifelong effect. Following is a series of phrases that can be used to assist a first born daughter to be true to herself, feel a sense of self worth and find peace and happiness in her life.

“What a strong little girl you are, now remember who is the Queen of the house”

“It is good to know yourself”

“I appreciate you care for others but you need to look after yourself”

“It is important to allow others to be as they are”

“Express your feelings and learn to let go of them”

“It is good for you to play alone at times.”

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Offering Spiritual Guidance

For a parent, to support the development of a child’s inner relationship with God, is a blessing of unfathomable measure. It teaches a first born girl to seek her strength from a divine source rather than relying on her own power that can otherwise lead to a damaging tendency for excessive control. To teach her that God has given her the freedom to choose

but she does not have the right to choose for others allows her to filter her actions through the paradigm of love.

For a first born girl life can often be filled with painful disappointments and unmet expectations. So for her to learn to recognise her feelings, feel them deeply and then ask God to reveal where they have come from will allow her the opportunity to forgive and let go.

A simple faith in a Divine creator strengthens this child's capacity to be true to herself. When a first born girl learns to know God as her Heavenly Father and love him as she does her earthly father she learns to embody peace, trust, compassion and wisdom.

The practice of the parents in their love of God is felt by the first daughter, it will teach her how to learn compassion and how to increase love in her life and the world.

Remember, our children come from God; we are the caretakers for a brief time.