



When Big Issues Happen to Little Girls: How to Prepare, React, and Manage Your Emotions So You Can Best Support Your Daughter

Erin Munroe

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The average fifth-grade girl knows a cutter, a classmate with Asperger's syndrome, or has a friend with two fathers. Issues like these are big, and they are just drops in the bucket. A generation ago, we worried more about kidnapping and divorce than cyberbullying and prescription-drug abuse. With little personal experience in the new, complex issues that plague our daughters on a daily basis, how can parents today help their girls cope better and raise a generation of girls who are resilient and self-confident instead of insecure and confused? This book answers that question with concrete action steps and easy-to-follow talking points that help parents keep the lines of communication open and better support their daughters.

Author Erin A. Munroe, LMHC, who has been counseling adolescents for more than a decade, is in a unique position to help parents understand how girls cope and react to stressors and adult-size problems today, so they can be active and effective participants in their daughters' reality. *When Big Issues Happen to Little Girls* also helps parents learn about themselves and control their own emotional responses to the big issues their daughters face, including:

- Sexuality, sexual orientation, STDs, and pregnancy
- Mental health issues and learning disabilities
- Bullying, peer pressure, and cyberbullying
- School anxiety, social anxiety, and other phobias
- Substance use and abuse and the newest addictions
- High expectations for young girls that often cost them their childhood

Raising girls is a big responsibility. Let *When Big Issues Happen to Little Girls* become your twenty-first-century parenting strategy and give your daughter the gift of resiliency and confidence that she is deserving and capable of experiencing.

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Carmen Hamm:

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Peter Singleton:

As we know that book is significant thing to add our information for everything. By a publication we can know everything we want. A book is a pair of written, printed, illustrated or perhaps blank sheet. Every year seemed to be exactly added. This publication When Big Issues Happen to Little Girls: How to Prepare, React, and Manage Your Emotions So You Can Best Support Your Daughter was filled with regards to science. Spend your spare time to add your knowledge about your scientific research competence. Some

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