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

By Erin Munroe

HCl. Paperback. Book Condition: New. Paperback. 288 pages. The average fifth-grade girl knows a cutter, a classmate with Aspergers 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...



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