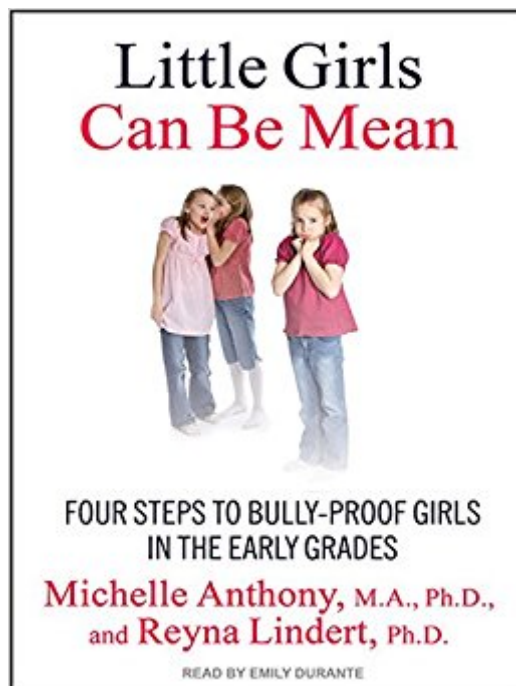




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# Little Girls Can Be Mean: Four Steps To Bully-Proof Girls In The Early Grades



## Synopsis

As experts in developmental psychology and each a mother of three, Dr. Michelle Anthony and Dr. Reyna Lindert began noticing an alarming pattern of social struggle among girls as young as five, including their own daughters. In today's world, it is likely that your daughter has been faced with bullying and friendship issues, too—and perhaps you're at a loss for how to guide her through these situations effectively. *Little Girls Can Be Mean* is the first book to tackle the unique social struggles of elementary-aged girls, giving you the tools you need to help your daughter become stronger, happier, and better able to enjoy her friendships at school and beyond. Dr. Anthony and Dr. Lindert offer an easy-to-follow, four-step plan to help you become a problem-solving partner with your child, including tips and insights that girls can use on their own to confront social difficulties in an empowered way. Whether your daughter is just starting grade school or is already on her way to junior high, you'll learn how to: **OBSERVE** the social situation with new eyes **CONNECT** with your child in a new way **GUIDE** your child with simple, compassionate strategies **SUPPORT** your daughter to act more independently to face the social issue By focusing squarely on the issues and needs of girls in the years before adolescence, *Little Girls Can Be Mean* is the essential, go-to guide for any parent or educator of girls in grades K-6.

## Book Information

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## Customer Reviews

From clinical studies to mainstream media, the problem of girl aggression has been the subject of growing concern, but most of the recent focus has been on middle- and high-school students, not on elementary-school girls. That's part of the problem, argue the authors of this reassuring

guide that offers practical tips and personal anecdotes aimed at alleviating female "relational aggression" in the critical early grades. In each chapter, the authors, both developmental psychologists, illustrate how adults can guide girls through a four-step process to identify and deal with tough social situations. Throughout, boxed activities for educators, parents, and girls themselves give the title a highly interactive, proactive feel, and an appended section suggests ways that adults can apply the same techniques to their own lives. More than just invaluable advice about preparing girls to cope with bullying, gossip, and friendship riffs, these are empowering strategies for adults to communicate and connect with their daughters while they are at a highly receptive age and to help them develop resilient self-esteem before they hit the middle-school jungle. --Gillian Engberg --This text refers to an out of print or unavailable edition of this title.

"Little Girls Can Be Mean offers useful strategies and tools to help parents empower their daughters from the earliest ages." ---Rachel Simmons, bestselling author of *Odd Girl Out*

This is more than I could have expected. Such an amazing reference. I am only 4/5 of the way through and it has hugely helped my daughter and I tackle a hard to navigate social situation at school. I had mentioned it to her 2nd grade teacher and the school was going to buy a copy as a reference, but I loved it so much I just bought 3 more copies- for her school, her cousin, and 1 to loan out to friends as this one is too helpful to let it leave the house! Very well written with activities and discussion points for children and teachers as well.

This is a good resource for those social problems girls come across. I like that it advises helping your girl help herself rather than taking over. My only criticism is that the examples are a bit tame and limited. Still their 4 step process and suggestions are very helpful. I highly recommend it.

Although this book appeared to be geared towards parents, it provided numerous "teacher tips" that appear to be extremely beneficial for dealing with bullying among girls in the classroom. I also see many of the techniques contributing to the creation of a positive, supportive environment for all students, both male and female.

This book is a great read for school counselors and those in education. It is important to understand girl dynamics when you are working in education. Would recommend to all.

I was happy to find this book giving advice on what to do if the child is the potential bully and not just the bullied. Overall the advice is a solid starting point for relating to the social lives of little girls.

Very helpful.

I read the reviews on this book and bought it based on the information I read. This is a great book for moms and girls dealing with "mean girls" in the elementary school grades. Some great suggestions on what to do in certain types of situations. Real life experiences of the daughters and friends of the authors were included which was very helpful.

Excellent all parents and teachers should read this! Off to develop some concrete tools to help 2 daughters one who has been bullied all through school and is now grade 6. Wish I had had this book sooner.

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