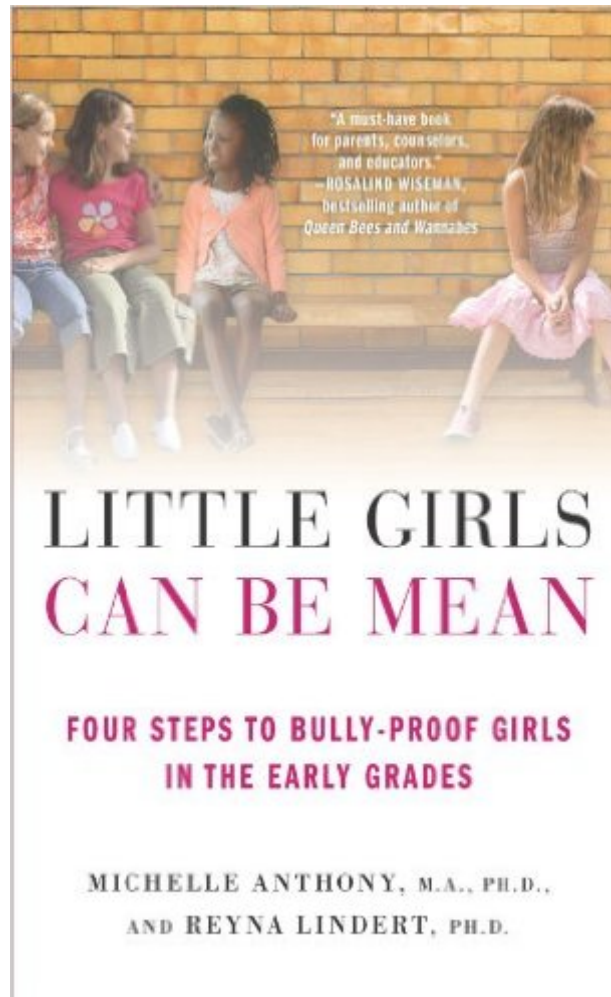


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# Little Girls Can Be Mean: Four Steps To Bully-proof Girls In The Early Grades



## Synopsis

Worried about mean girls? Help your daughter respond and react to bullying where it starts---in elementary school! 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, 4-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

As a clinical psychologist, I find that parents are often stuck between a rock and a hard place when it comes to supporting their daughters' social struggles. And so often, educators and counselors are

stuck in the same hard place with helping support these parents, or in supporting the girls themselves. FINALLY there's a guide that does it all: gives parents a simple easy plan to support girls' friendship fights while at the same time gives them the tools to help manage social cruelty! Even better, integrated throughout are Teacher Tips and Tips for Girls with ideas and activities to reach girls in grades K-6. The flow of the book is anecdotal, very readable, and non-alarmist. In fact, it will help you finally understand why girls act the way they do, and know what to do about it. This book is for anyone who works with or cares about girls from ages 5-12. It's become the first book I recommend to parents in my clinical practice with elementary aged girls. I love it!

I have an elementary school age daughter who can be on both sides of girl troubles: the girl who gets upset by her friends and also upsets her friends. I was hoping this book can give me insights on how to navigate both sides well, but was disappointed. The book seems to be all about "standing up to your friend who can be a bully" without defining what "bully" really is. I see certain amount of friction that kids go through as necessary part of learning and growing as long the friction is short term, and the child is not always the victim. But, I got the feeling that the authors didn't think so. They seem to think that all social struggles deserved close adult attention and how all these social struggles have lasting effects to girls. The anecdotes in the book was realistic and typical of elementary age girls, but there wasn't much useful information for me on how to deal with it.

As a grandparent, I was so glad to find this book! It seems girls are so much meaner today than when my kids were growing up and already I am hearing terrible stories from my granddaughters. Before, I would say things like, "try not to let it bother you," or "she's not very nice...find a different friend." But it was mostly because I didn't know what to say. Now I do! The book walks you through the how and why of meanness, but in a way that makes you feel like you can actually do something about it! The Four Step plan is simple and gives me options in terms of when, where, and how much to go into things at any given point. For me, as a grandparent, I use Steps one and two the most: seeing things in new ways and connecting, instead of jumping in and trying to fix it all. I can't think of a more important book for elementary school girls!

I bought this book to help my daughter with some friend drama she was experiencing (she's 10) and I only got a few chapters into it before I got what I needed out of it. Basically, if you need help with communication in general, this is a good book. It's pretty basic and it goes over common sense general practices like talking with your young daughter (as soon as she's verbal, even) about her

feelings. It's kind of a no-brainer for some people (like me) but I could see it being helpful to those who haven't ever thought of being empathetic to their preschooler about understanding why she acts the way she does, how it feels when friends act a certain way, and how it feels when she acts a certain way towards others. I don't know if it's worth buying, it would depend entirely on your situation. It did help to know that what my daughter is going through is normal but that it's important to still provide guidance instead of just leaving her to attempt to wade these painful waters alone and shrugging it off as kids/girls being cruel.

This book was fine, but I couldn't read the entire thing. It got too boring. They have several good points and suggestions in this book for a variety of scenarios, but the main thing I got out of it was a technique for listening and letting your child know you're hearing them in order to help them feel safe to make wise choices, rather than trying to fix problems for them and/or simply telling them what to do. There. Now you know too and don't have to buy the book :)

I waited six months to get this audio book from the library. It was worth the wait. Learning how to identify mean girl behavior, which is extremely different and can be much more subtle than the typical "bully" behavior we all have been trained to recognize, is a strong skill to have as a mother. The emphasis in this book is on active listening to your child. Learn your child's behavior when she is happy and assertive. Observe signs of changes in your child's behavior when mean girl behavior is happening at school -- hair twirling, secrets, dampening of her spirit, unwilling to discuss what's happening at school are some examples given. Getting your child to open up and come up with ideas to assert herself and navigate through difficult situations is tough, but this book gives great coaching advice. Of course, you must take action in certain situations, but learning how to support your daughter and bolster her is the best part of this book. Honestly, the book is focused on elementary school girls, but mean girl behavior is the same at all ages and this advice is just as good if you're dealing with a 6 year old mean girl or a 46 year old mean girl!

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