



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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