

THE SECRET IS RAISING STRONG,  
CONFIDENT, *and* COMPASSIONATE GIRLS

A  
Guide for  
Parents of  
Girls Ages  
7 to 12

# No More Mean Girls

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Foreword by Michelle Obama, First Lady of the United States

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## No More Mean Girls: The Secret to Raising Strong, Confident, and Compassionate Girls



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In this Queen Bees and Wannabes for the elementary and middle school set, child and adolescent psychotherapist Katie Hurley shows parents of young girls how exactly to nip mean girl behavior in the bud. Once upon a time, mean girls primarily existed in senior high school, even though elementary school-aged women spent hours in play and enjoyed friendships without very much drama. But in this fast-paced world in which young girls are exposed to negative behaviors on TV and social media as soon as they enter school, they are also becoming caught up in social hierarchies very much earlier. The need to be liked by others certainly isn't new, but this generation of girls keeps growing up in a day and time when the "like" button shows the world precisely how well-liked they are. FORGET ABOUT Mean Girls is helpful information for parents to greatly help their youthful daughters navigate tricky territories such as friendship building, creating an authentic self, taking a stand for themselves and others, and expressing themselves in a wholesome way. This book presents actionable steps to greatly help parents empower girls to be kind, confident leaders who work together and build one another up. "likes" get rid of their importance. When women acknowledge that they possess positive traits that make them interesting, solid, and likeable, nevertheless, the concentrate shifts and their self-confidence soars;



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There doesn't need to become a mean-girl lifestyle in elementary college. As a parent and a therapist, I run across "mean girl" behaviors all the time, and can sometimes experience at such a loss to help ladies manage and navigate their way through these situations. I loved this book! Tips about how your daughter can be more likable. The next half of the book discusses developing up girls' self-confidence, authenticity, and growth mindset.. A must read! Author Katie Hurley knows first hand about the challenges young ladies face in every development stages. The writer untangles most of the multi-faceted youthful woman perspectives that are reflected in girls' opinion of themselves and their courage (or dread) towards relating to others. Every mother wants what is best for her girl - and wants her to be . This reserve is needed now as part of your, as we all see the negative impacts of social press and how girls self-confidence is affected at much younger ages. Katie is not only an remarkable friend, she is a necessary reference for guiding our kids through these difficult situations. A Girl Empowerment Must Read! There's no question: this is the time because of this book. I so loved this publication, and now consider it to be among my go-to reads upon this subject, and the main topic of helping our girls grow up to become solid and respectful of themselves and others... As both a parent and a Child Development Specialist, I'll not only be recommending this publication to others but referencing it often myself. The problem is, I was expecting a book that could enable me to greatly help my daughter learn to be confident, authentic, and just "herself" whatever other girls are doing or saying. It is not easy to become a gal, but Katie has were able to give a road map in order that everyone can help. To become independent. We visited the same prep college. To preface, my family moved a fair amount before We was 10. I've a daughter who's in 2nd quality and been coping with mean ladies since kindergarten. I was made fun of a great deal, no matter what I did so or said, I had not been popular. My parents attempted to greatly help me navigate this, and when their suggestions didn't function (or backfired), I sensed even more like a "loser." Reflecting as an adult, I wish I'd spent a good deal LESS time concentrating on trying to get those women to like me, and much more time on things I cared about. That is a reserve that will assist us all. Most importantly, it provided me some really good and concrete ways to handle this, both as an adult, and ways that i could help girls in my life. Not whether you're likable. How to get invited to the awesome girls' party. How to avoid public faux pas such as using sarcasm that is misunderstood by others, or using one woman at another's expense. As a mother or father and as a girl, I understand that emotions can operate high when confronted with this, therefore it's beneficial to have some obviously thought out ways available to try out and use. That is a lot more worthwhile. I wish it were the focus of the whole book. Katie Hurley does a beautiful job of using real-life tales, delivering helpful wisdom and asking parents to become listed on her in changing the narrative of girlhood. Tips on what she can tell get other ladies to be close friends with her. Actually, the "authenticity" chapter contradicts an earlier section where the author suggests that the reader possess their daughter practice phrases to help them make close friends. There are several excellent reflective actions for girls and their parents throughout these chapters. We really wanted to like this reserve. To fly above the "mean girls," as they say. Instead, the book solves the mean female issue with a hearty dosage of teaching our daughters to behave a particular way to be able to easily fit into and avoid being left out or uncool. If you would like to understand about raising a confident kid, there are some good tips in the next half (and again, decent activities), but personally I would recommend reading a book about growth mindset, grit, or similar instead. Great publication for understanding and preparing for "mean girl" behavior I love this book because it not merely prepares you for what things to look for and how to handle it, nonetheless it gives helpful

suggestions for activities that you can do with your daughter to help build her self-confidence. I couldn't have asked for more! A must go through for each parent and teacher. This book is so pertinent to what is going on with young people today. It is a issue solver! It is written by an writer with professional understanding of her subject, as well as personal knowledge of teenagers in her life. A must read for each and every parent and teacher! Moms can raise kind girls! No More Mean Girls is a must read for moms. There are numerous practical things to do and discuss with your ladies. We can increase kind and resilient girls with the help of this book. Every parent of girls requirements this book! well-written book in a hugely essential topic! I love how this book presents accessible information about the need for helping change the 'young lady culture' along with hands-on activities and exercises to help girls build the various tools they need to become confident. I got the enjoyment of interviewing Katie on this outstanding publication and she truly understands her stuff and delivers strategies with compassion and wisdom. Katie shares an ideal balance of research/data with practical assistance/tips. A must read for parents, teachers and coaches of young girls! Every mother should read this reserve! I read a whole lot of parenting books and I have to say this is among my favorites. Together, young ladies can! I attended 3 different institutions and therefore, had problems making lasting close friends until later in existence. That is a topic most of us need to be discussing and help our kids empathize with others as kindness may be the only way we can thrive. Many thanks Katie for composing this book it has recently changed the way I think about empowering my children to more kind and caring. A book for this period I have known Katie Hurley for a long time. To be thoughtful, possess integrity, and become genuine. There is absolutely no better person around to describe girls. This guide can help inform you, will open your eyes to issues you might not have understand existed, and offer ways to assist you to navigate you skill. She has produced helpful information for all those to greatly help girls in college. I have a child and wish her to become a good friend. Katie identifies methods and strategies so that problems for women can be addressed and also identified. The first half of the book preaches the contrary. Real advice clearly based on experience and research Real advice clearly predicated on experience and research. This publication details useful details for readers to reflect on and deconstruct the dynamics that may move a girl to act "mean" and also practical answers to support the many ripples that result when young girls resort to being mean, or enabling the "mean" to dictate their way of associated with themselves and others. She actually is an activist for empowering women and assisting them to find confidence in themselves. Five Stars Excellent! She provides easy to use tools/strategies to greatly help girls concentrate on what really is important, and to build them up, rather than be victims of "Mean Girls"... Every mother wants what is best for her girl - and wants her to be kind to others too! In this thoughtful examine, the writer drives us through navigating the unavoidable social situations which will come our method - because as much as it's our daughters, it's us as parents as well. With useful strategies, empathetic explanations and essential advice, that is a must-read. "FORGET ABOUT Mean Girls" gave me such a clear way of searching at and understanding these behaviors. Katie's narrative is usually down-to-earth and she provides practical to-dos. I believe it is a must-read for every parent. It is now time for No More Mean Girls! Ideas to Help Your Daughter Fit In. IMO, this is the stuff that matters.it gave me personally some really good and concrete methods to handle this I couldn't wait around to get my hands on this reserve! Katie does an excellent work of describing the lifestyle that we reside in and how its influencing our children, specially girls. A must go through for parents of young girls! Not really Stand Out! Many thanks, Katie Hurley, because of this exceptional work!



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