



# 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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The reason why? Because this When Big Issues Happen to Little Girls: How to Prepare, React, and Manage Your Emotions So You Can Best Support Your Daughter is an unordinary book that the inside of the book waiting for you to snap it but latter it will jolt you with the secret it inside. Reading this book beside it was fantastic author who also write the book in such remarkable way makes the content inside of easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of gains than the other book get such as help improving your skill and your critical thinking technique. So , still want to postpone having that book? If I ended up you I will go to the e-book store hurriedly.

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