



# Little Girls Can Be Mean: Four Steps to Bully-proof Girls in the Early Grades

*Michelle Anthony M.A. Ph.D., Reyna Lindert Ph.D.*

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**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.

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