

MAGGIE DENT

girlhood



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Some of the people in this book have had their names changed to protect their identities.

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Further resources for parents of girls

These are some of my favourite books and experts to support you in raising your girls to be happy, healthy and heard. Many of these folks share excellent content on their websites and social media accounts, so look them up!

Steve Biddulph – *10 Things Girls Need Most To Grow Up Strong and Free* and *Raising Girls in the 21st Century*. Steve has a specific Facebook page for girls' content: Steve Biddulph's Raising Girls.

Lisa Damour – *Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls* and *Untangled: Guiding Teenage Girls Through the Seven Transitions to Adulthood*

Mona Delahooke – *Beyond Behaviors. Brain-Body Parenting* is her excellent new book.

Kasey Edwards & Christopher Scanlon – *Raising Girls Who Like Themselves: In a World That Tells Them They're Flawed*

Kristy Goodwin – *Raising Your Child in a Digital World*

Katie Hurley – *No More Mean Girls*

Madonna King – *Fathers and Daughters* and also *Ten-Ager*, and her new book due out around the same time as this book looks great too: *L Platers*

Vanessa Lapointe – *Discipline Without Damage* and *Parenting Right From the Start*

Janet Lansbury – *Elevating Child Care* and *No Bad Kids*. Also check out Janet's fabulous *Unruffled* podcast.

Dannielle Miller – *The Butterfly Effect; The Girl with the Butterfly Tattoo* and *Loveability*. Danni is CEO of Enlighten Education too and shares great content about empowering girls and women on her socials so look her up.

Michelle Mitchell – Books include *Parenting Teenage Girls in the Age of a New Normal* and *What Teenage Girls Don't Tell Their Parents* but Michelle also has books on puberty, resilience, self-harm and more. She's worth following on social media too as she shares great content about girls (and boys).

Gisela Preuschoff – *Raising Girls: Why Girls Are Different – and How to Help Them Grow up Happy and Strong*

Michael Ray – *Who Knew? From Bouncing and Barbells to Ballet and Braids*

Bruce Robinson – *Daughters and their Dads*. Also check out The Fathering Project, of which Bruce is founder. They have a great podcast too.

Leonard Sax – *Girls on the Edge: The Four Factors Driving the New Crisis for Girls – Sexual Identity, the Cyberbubble, Obsessions, Environmental Toxins*

Rachel Simmons – *Odd Girl Out: The Hidden Culture of Aggression in Girls*

Rebecca Sparrow – Books include *Find Your Tribe*; *Find Your Feet* and *Ask Me Anything* (also the name of her podcast). Bec has great content for parents of tween/teen girls.

Susan Stiffelman – *Parenting with Presence* and *Parenting Without Power Struggles* (which is also the name of her fabulous podcast).

And here are a few other websites and social media accounts you might check out:

A Mighty Girl

Collective Shout – and Melinda Tankard-Reist

Girls Uniform Agenda

Fierce Girls Podcast

Best Programs 4 Kids (great content re friendships!)

Parent TV

Endnotes

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