

Recommended Resources & Books for Parents of Teen Girls

October 2021

Dear Parent or Carer,

Thank you for seeking support for your daughter (or teen girl in your life, whether she's a stepdaughter, niece, goddaughter, or another valued connection).

Teen girls face many complexities - hormonal changes, body worries, academic pressures, friendship complexities, social media and much more. Added to which having experienced living through a pandemic since March 2020.

Whilst Confident Teens is not able to offer online workshops or one-to-one support to teen girls, I have summarised below ideas, resources and books that I hope you and your teen girl will find helpful to build her self-awareness and confidence, and resources to support you as well as the parent or carer of a teen girl. I've included a book for parents of pre-teen girls at the end of this document.

These books and ideas are intended as a guide, to be used with your discretion as a parent or carer.

Whilst some of these organisations normally offer workshops, please check their websites for latest updates of what's available.

I wish you and your daughter all the best in navigating this situation and her teen years.

I'm thankful that she has you by her side seeking support for her.

With my warm wishes to you both,

Caroline Walker

Founder & Director, Confident Teens Ltd

Resources from other organisations

Many girls experience significant anxiety and mental health issues during adolescence. I have provided the contact details for a helpline from Young Minds below. Your GP is also available to discuss any matters of concern.

Mental health

If you are concerned about your daughter's mental health, please contact the Parents Helpline at Young Minds, <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

There are many resources on the Young Minds website including supporting young people if they are self-harming, suffering from depression, anxiety, or anorexia. The mission of Young Minds is to offer young people the best possible mental health support and the resilience to overcome life's challenges.

Bullying

This organisation runs workshops nationwide to support young people who are experiencing bullying. A mother fed back to me that her daughter benefitted from this.

<https://www.kidscape.org.uk>

Martial Arts / Sports

Several parents have mentioned to me that martial arts have been helpful in encouraging their daughter's confidence. Sports in general can be positive to enable girls to connect with the strength and capability of their body, beyond what it looks like.

Mighty Girls - Empowering concepts and reference materials

This organisation <http://www.amightygirl.com> / highlights many books, games and resources to help girls 'be mighty'. If you are a Facebook user you could follow them on Facebook and receive daily inspiration on female role models, inspiring books etc.

Recommended Books

Steve Biddulph

At Confident Teens, we are big fans of the Australian psychologist, Steve Biddulph. He has a grounded and insightful approach for supporting and empowering teen girls to handle the multitude of pressures they face, and shares these insights with parents.

We value these two books;

1. Raising Girls in the 21st Century by Steve Biddulph

You can purchase the book from the link to Amazon below.

https://www.amazon.co.uk/gp/product/0008339783/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1

2. Ten Things Girls Need Most: To grow up strong and free by Steve Biddulph

You can purchase the book from the link to Amazon below.

https://www.amazon.co.uk/10-Things-Girls-Need-Most/dp/0008146799/ref=sr_1_4?qid=1560937867&refinements=p_27%3ASteve+Biddulph&s=books&sr=1-4&text=Steve+Biddulph

For building self-esteem

An approach that I expect you do already is to help her to see that your daughter is valued and important as the person she is. Praise her for the effort she makes in tasks, and how well she's doing, to help her build her self-esteem. I recommend this book, which is a workbook for self-esteem exercises that you could help her with. There are lots of different exercises and activities in the book. By building a sense of who she is as a person could help her deal with the pressures of the teen years.

Self-Esteem Workbook for Teens: Activities to help you build confidence and achieve your goals by Lisa. M. Schab

You can purchase the book from the link to Amazon below.

https://www.amazon.co.uk/Self-Esteem-Workbook-Teens-Activities-Confidence/dp/1608825825/ref=sr_1_1?ie=UTF8&qid=1503647063&sr=8-1&keywords=self-esteem+workbook+for+teenagers

For anxiety

This is a useful guide with a range of ideas for handling anxiety.

My Anxiety Handbook: Getting back on track by Bridie Gallagher and Phoebe McEwen

You can purchase the book from the link to Amazon below.

https://www.amazon.co.uk/My-Anxiety-Handbook-Getting-Track/dp/1785924400/ref=sr_1_1?keywords=anxiety+handbook&qid=1560938706&s=books&sr=1-1

For growth mindset

I recommend Mindset by Carol Dweck (a US psychologist) – she has developed this approach to compare growth mindset (the key is how we approach things and our development) contrasted to fixed mindset (where we think we are either good or bad at different things). This is a useful approach to empower teens and adults so they enjoy their development, and are better equipped to handle academic pressures. It is full of examples from sport, business and education. If you feel your daughter worries about being perfect all the time and finds 'failure' difficult this is a useful book. You may also find it useful, as the language we use to each other enables us to all have a growth mindset.

Mindset – Changing the way you think to fulfil your potential by Dr Carol Dweck

You can purchase the book from the link to Amazon below.

https://www.amazon.co.uk/Mindset-Updated-Changing-Fulfil-Potential/dp/147213995X/ref=sr_1_1?ie=UTF8&qid=1505739504&sr=8-1&keywords=mindset

Also, here is a link to a TED Talk from Carol Dweck.

https://www.ted.com/talks/carol_dweck_the_power_of_believing_that_you_can_improve?referrer=playlist-practice_makes_perfect

Understanding being introverted

It's so important to realise that every young person has their own individual personality and approach, and to avoid comparing one young person with another. Susan Cain's work is very insightful about introvert personalities.

Susan Cain's book Quiet: The Power of Introverts is excellent. It is very detailed; the central ideas are captured in this Ted talk.

https://www.ted.com/talks/susan_cain_the_power_of_introverts?language=en

Guide for teen years for Girls

For girls themselves a book I highly recommend is "Girls Stuff" by Kaz Cooke. It offers lots of insights and advice for being a teen girl and is informed by research with hundreds of girls. It could help your daughter understand herself more, often a key aspect of building confidence. The link for Amazon is below but please note that this book is currently not in print in the UK, but second-hand copies can be sourced.

You can purchase the book from the link to Amazon below.

https://www.amazon.co.uk/Rough-Guide-Girl-Stuff/dp/1848360185/ref=sr_1_2?ie=UTF8&qid=1498656684&sr=8-2&keywords=girls+stuff

If you happen to have a contact in Australia, a newer version published by Penguin Viking is available there.

For Parents of Pre-Teen Girls

Girls Uninterrupted by Tanith Carey is an excellent book for parents of younger daughters (e.g. age 9-12). It is a sometime stark overview of realities of pressures they face, this includes prevalence of online pornography and its impact on girls and boys. The book's central premise is guidance and tips to enable parents to help "inoculate" girls with self-worth before adolescence.

You can purchase the book from the link to Amazon below.

<https://www.amazon.co.uk/Girls-Uninterrupted-Building-Stronger-Challenging/dp/1848318200/ref=sr>