



Parenting Girls

The must-do course for parents of girls

“Be confident, be strong, be beautiful, be skinny, be kind, be ladylike, be one of the boys.”

Society gives very mixed messages to growing girls. Our Parenting Girls online course helps parents navigate the pressures and demands on our daughters today. From pre-school through to teens, the course empowers parents to be one step ahead with practical tools and strategies to assist in raising happy daughters.

Brought to you by best-selling author and parenting expert, Michael Grose, the course features **videos, articles, weekly live Q&A** with Michael Grose and a closed Facebook support group.

COURSE STARTS MAY 26, 2017

COST \$67

SIGN UP parentingideas.com.au/girls

The three-week course will address:

- Mental health
- Feelings and emotions
- Body image and sexualisation
- Social media and the online space
- Healthy friendships
- Confrontation
- Self-esteem and sense of identity
- Roles of mums and dads

