

QUICKSTART GUIDE TO EMPOWERING GIRLS

A parent's guide to building girls up every day

Letter from the Founder of Hopscotch Girls

Thanks so much for downloading this guide! As the mother of two small children, I understand how busy parents can be. Building girls up is often a priority for parents, but it's not always easy to know what to do when you're juggling work, school, chores, sports, feeding your family, etc. I wanted to create something that would make it easier for parents to empower girls in their daily lives.

This quick reference is meant to be a starting point and a memory trigger. The guide features easy things you can do to begin instilling qualities like bravery, strength, and confidence in young girls. It's also meant to remind you of the possible ways to do this when you have an extra couple of minutes, or are looking for an activity to do with your little one. Try printing it out and posting it on your fridge or bulletin board, and see what you think.

If you're looking for more of a deep dive on any of the topics mentioned in the guide, check out the Hopscotch Girls blog at hopscotchgirls.com for links to articles and posts.

I hope you enjoy the guide!

Cheers,
Melissa Foley
Founder of Hopscotch Girls



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Family



Be a Role Model

- Family, family friends & close adults can show her how to be strong, body-positive, etc.
- Let her see you try/fail, and avoid negative self-talk

Have Thoughtful Conversations

- Have open conversations about strength, bravery, and inner beauty
- Use books and events in her life to prompt conversations

Challenge Yourself

- Tackle challenges as a family to encourage confidence
- Possibilities include outdoor adventures, race/physical challenges, special projects



Activities



Art

- Use art as a tool to encourage expression of feelings and fears
- Try an art challenge (ex: ask her to think about a time she was afraid, but did something anyway), and talk about what it means, how it felt to create it, etc.

Adventures

- Use outdoor adventures to build closeness & bravery
- Try hiking, camping, backpacking, swimming, running, cycling (stay safe!)

STEM

- Use STEM (Science, technology, engineering & math) activities to open her future to high-paying jobs
- Try kitchen science experiments, observation journals, building games



Media



Movies/TV Shows

- Try to balance out movies/ tv shows with ones that don't reinforce stereotypes
- Check out Common Sense Media (commonsensemedia.org) for movie/tv/app/game ratings for families

Books

- Look for books that show how multidimensional girls can be and challenge conventional wisdom
- Check out A Mighty Girl (amightygirl.com) for book lists/reviews



Stuff



Clothes

- Balance clothes with options beyond pink/ purple, dresses/skirts, etc.
- Look at Princess Awesome (princess-awesome.com) for girl clothes with dinos, rockets, etc.

Toys

- Avoid toys that reinforce consumerism, outer beauty, and dolls with sexualized/unrealistic bodies
- Check out A Mighty Girl (amightygirl.com) for toy lists/reviews

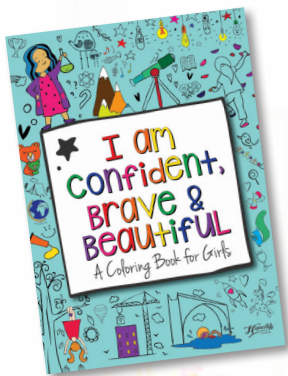
For more information about helping girls build confidence and self-esteem, visit hopscotchgirls.com



ABOUT

Hopscotch GIRLS

Hopscotch Girls is a social enterprise dedicated to empowering girls. We believe in strong female role models, reinforcing a healthy body image, inspiring confidence, and encouraging STEM (science, technology, engineering and math) skills. Our books are designed to lift girls up.



Bestseller
Build your daughter's confidence while coloring!

Spark your little girl's interest in science!



Unlock the spirit of adventure in your little girl!



www.hopscotchgirls.com