Family & Relationships

Go Girl! Help Your Daughter Be Healthy, Confident, and Successful By Playing Sports
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Over the years, the subject of sports and their sons' athletic experiences has been an easy conversation topic between men. This book offers a different perspective for parents: a look at their daughters' involvement in sports and how parents can encourage their daughters' athletic interest and potential. According to the authors, "Sports benefit our daughters in so many ways—physically and academically as well as emotionally and socially."

The book identifies areas of interest for parents of daughters from infancy to young adulthood, such as teaching girls to be good sports, knowing what age to begin athletic participation, choosing the right sport for the individual girl, and providing nutritional needs. The authors emphasize the importance of being aware of weight issues: "Eating disorders are extremely harmful—and can be deadly—so it is extremely important if you are the parents of an adolescent girl to know how to identify symptoms of anorexia and bulimia." The book includes highlighted tips for parents to encourage good habits of their daughters from an early age, including runner's safety, a weight management program, and emergency medical terms. Co-author Storm is the moderator of NBC's NBA Showtime and the nation's top female sportscaster, and Jenkins is a consultant at the Sports Medicine Division at Boston Children's Hospital.

Although the book is written with girls as the main subject, the information provided could be applied to parents of boys as well and serve as an education reference for co-ed sports teams and all coaches. “If athletes are coached with ridicule,” say the authors, “they learn to withdraw. If athletes are coached with praise, they learn to have faith.”

Go Girl! is an informative how-to book for parents of daughters to encourage sports participation and is made even more enjoyable by its great stories and the experiences told first-hand by its authors.

Mindy Buell