



Dr. Tim Jordan

**Nationally Recognized Expert on
Parenting Girls
Developmental and Behavioral
Pediatrician**

Press Kit

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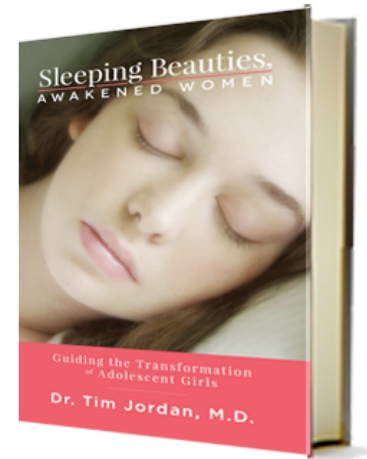


Dr. Tim Jordan

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Girls in Crisis: 7 Crucial Ways to Support Adolescent Girls

Parenting Expert Dr. Tim Jordan reveals the secrets to raising confident and happy girls in groundbreaking new book

For the past 40 years, the headlines blaring out at us about adolescent girls have read: “Girls in Crisis”, “Girls Lose Their Self-Esteem”, and “Rising Rates of Depression, Anxiety, and Cutting in Teen Girls.”

Research shows that mean self-esteem among females increases until age 12, then drops until age 17, after which it begins to rise, according to author Dr. Tim Jordan. “Other studies show that 7 in 10 girls believe they are not good enough or do not measure up in some way, including their looks, performance in school and relationships with friends and family members.”

Jordan sites frightening statistics on the growing trend. “According to the 2008 to 2010 National Surveys on Drug Use and Health, which are sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), approximately 12% of all girls in the United States between 12 and 17 years of age experienced a major depressive episode in the past year compared with only 4.5% of boys between the same ages.”

Jordan also notes that girls far outweigh boys with these concerns. “By mid-adolescence girls are more than twice as likely to be diagnosed with a mood disorder as boys, with the prevalence at adult levels, 14 to 20%. Statistics state 13% of 15-16 year olds have deliberately harmed themselves, with cutting occurring most often with girls/women between the ages of 13-30 and starting when the girl is between 10-16 years old.”

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Dr. Jordan believes that by hyper-focusing on these symptoms and worries, we have missed the forest for the trees. “The real issue: we are not understanding and supporting adolescent girls in the ways that they need.”

The original versions of fairy tales like Sleeping Beauty, Cinderella, and Rapunzel taught teenage girls that they were undergoing a crucial transformation, from a girl to a woman, and this ‘Heroine’s Journey’ required them to withdraw from the world, i.e. metaphorically sleep, in order to gather the strength and wisdom they needed to face the adult world.

In our uber-busy culture that overvalues achievement, a fast pace, external rewards, and looks, we have neglected to inform girls about what it takes to successfully navigate this stage of life.

In his landmark book: *Sleeping Beauties, Awakened Women; Guiding the Transformation of Adolescent Girls*, Dr. Jordan describes 7 of the most crucial ways adults can support girls during their transformation.

- **Give them a deeper awareness:** The symptoms and the challenges of this stage need to be reframed and normalized for girls.
- **Provide solid skills:** Girls need help knowing what they are feeling and having healthy ways to express their emotions. Becoming comfortable with solitude, reflection, and soul-searching paves the way for self-discovery and wisdom.
- **Changing their environments:** Get them into an environment where they feel safe and accepted. Schools need to provide the time for girls to talk, handle conflicts, and to boost their social-emotional intelligence.
- **Developing their passions:** Girls who put their heart and soul into activities and causes that they love are less concerned with popularity, looks, boys, and impressing other people.
- **Safe Spaces and Bases:** All girls need sacred spaces where they can decompress, let their hair down, be real, and be accepted for who they are. Help guide your girls to people you trust to become their mentors and safe havens.
- **Focus on non-physical qualities:** Consciously affirm character and values, talents, compassion, determination, humor, honesty, integrity, and kindness.

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- **Teach girls to become media and image savvy:** Good research has shown that watching TV shows and movies with their daughters, and talk about what they are see, it really does help put things in perspective.

Sleeping Beauties, Awakened Women, Guiding the Transformation of Adolescent Girls is now available in print and e-book format for Kindle and Nook, For more information on Dr. Jordan's books, counseling practice, camp, speaking engagements and programs, visit www.drjimjordan.com.

***Sleeping Beauties, Awakened Women, Guiding the Transformation of Adolescent Girls* By Tim Jordan
Dunrobin Publishing July 2013; ISBN - 10: 0988461366;
ISBN -13: 978-0988461369 \$15.99/Paper; \$6.99
Kindle/Nook.**

Segment Ideas for Dr. Tim Jordan, author of *Sleeping Beauties, Awakened Women, Guiding the Transformation of Adolescent Girls*

1. *Do adolescent girls really have poor self-esteem?* The toxic environments at school make it hard for girls to be themselves. How to create safe spaces for girls where they can be real, authentic, and accepted for who they are.

2. *Why doesn't my daughter stand up for herself?* The primary reasons girls lose their voices and 5 ways to teach girls to speak with authority, set boundaries, and get their needs met.

3. *Why won't my daughter tell me how she is feeling?* Reasons why adolescent girls have become disconnected from their emotions, and healthy ways for them to express all of their feelings.

4. *Why do so many teenage girls seem to be suffering with depression, anxiety, cutting, and eating disorders?* Learn how these are symptoms of a bigger problem, and how to give girls the awareness, skills, and support they need to handle the challenges of their 'Heroin's Journey', i.e. the transformation from girl to woman.

5. *Redefining success.* A new take on what our kids need to be successful: the 4 steps to cultivate bravery, grit, and integrity in children.

6. *The top things your daughters won't tell you that you absolutely must know.* The unrelenting pressures to be perfect, unhealthy mixed messages, why school is so unfulfilling, why hooking up doesn't work for them, how they are being set up to fail in college, and much more.

7. *How parents are setting their daughters up to be miserable adults.* The rat race comprised of getting straight A's, club sports teams, Ivy League colleges, and being popular focuses girls on extrinsic values that research shows produces adults with mental depression, poor relationships, and unhappiness.

8. *Daddy's little girl.* The top 5 ways that research demonstrates dads have a unique role to play in raising girls who are confident, resilient, and happy.

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9. *The Secrets Behind Their Pain.* The single most important missing piece that causes adolescent girls the most suffering and pain: they are too busy, distracted, and disconnected because they don't know how to be alone and quiet.

10. *The Myth of Academic Success and Happiness.* Why many of the top students in high school hate it as much as those at the bottom of the class, and how we can help teens to rediscover their love of learning and motivation.

11. *My parents are setting me up to fail in college!* Too many parents rescue their kids, solve their problems, and take responsibility for their boredom, happiness and motivation, leaving them weak and unable to handle normal ups and downs of life. Teach kids to overcome obstacles and challenges, take risks and make mistakes, and push through tough times to earn the resiliency, grit and confidence needed to be successful in life.

12. *Why God enjoys teenage girls more than guys.* Girl's wiring for communication, connection and emotional sensitivity; their high propensity for qualities like collaboration, flexibility, intuition, win-win mentality, and empathy; and their love of sitting around and having deep conversations about life, love, emotions, and community would all make God very happy!

13. *Good guy or creep?* About 1/3 of US adolescents are victims of physical, sexual, emotional, or verbal abuse from a dating partner, with the highest number being girls. Learn 4 ways to teach your daughters to pick their dates wisely.

14. *Prom Night Protection.* Here are ways to teach girls to know and trust their gut intuition which knows what is right for them, and how to set firm boundaries.

15. *The 6 essential gifts that your kids won't find under the Christmas tree:* Self-esteem; hope and optimism; grit; self-motivation; happiness; and finding their own purpose, destiny, and path must all be earned by kids. Learn how parents can play a role in their children developing these qualities.

To book an interview with Dr. Tim Jordan or receive a review copy of *Sleeping Beauties, Awakened Women, Guiding the Transformation of Adolescent Girls*, please contact Anne Jordan at 636-530-1883 or Anne@drtimjordan.com.

Interview Questions for Dr. Tim Jordan

1. What do you mean when you talk about girls undergoing an important 'touchpoint'?
2. What do the original versions of fairy tales like Cinderella and Sleeping Beauty have to teach us about the heroine's journey that every adolescent girl must go through?
3. Are there new pressures on girls today causing them to be so stressed out?
4. What do you mean when you say that we are missing the forest for the trees when it comes to girl's self-esteem?
5. Why are girls so disconnected from their emotions today and what can parents do about it?
6. What are your best tips to help girls handle and prevent teasing/bullying?
7. Adolescent girls struggle a lot with negative self-talk; why is this so and what can girls do about it?
8. How can parents help their daughters find their voice and speak with authority?
9. What do you say to young women who have absorbed an unrealistic expectation about becoming perfect wives, mothers, career women, being all that you can be, "having it all" etc.?
10. Explain why it is so important for girls to have safe bases and sacred spaces as they transition through adolescence.
11. What are some of the unique ways that fathers help their daughters develop into strong, capable women?
12. The mother-daughter relationship is a special one. What are the critical ways moms influence their girls?
13. How can parents stay connected and have an influence with their daughters throughout the teenage years?

Dr. Tim Jordan Ongoing Media Appearances

Credentialed expert with extensive media experience who can discuss late breaking news as well as common every day challenges facing today's girls and offers real solutions

To book Dr. Jordan for an interview contact Anne Jordan
636.530.1883 or Anne@drtimjordan.com

Online Expert Appearances

HitchedMag.com, Expert
Storknet.com, Columnist
DrLaura.com, Columnist
Sharecare.com, Expert
MomiVerse.com, Expert
KnowMore.TV, Contributor
SheKnows.com, Contributor
Huffington Post, Guest Columnist
Beliefnet.com; Columnist

*** Dr. Jordan currently is a frequent contributor and a featured online expert, reaching more than 150 million monthly unique visitors globally.*

On-Camera TV Appearances

Montel Williams Show
The Today Show
Ongoing featured Expert on Fox 2 – St. Louis – 6 years
Monthly guest expert on CBS affiliate news show St. Louis - 5 years

Radio Appearances

Hosted Live call-in Radio show in St Louis – Families 1st 1999-2005

For more about Dr. Jordan visit his website: www.drtimjordan.com.

**To book interview, receive press kit or media clips please contact Anne Jordan at
636.530.1883 or Anne@drtimjordan.com**

Queen Bees Invade Cyberspace:

Acclaimed Parenting Expert and Author Tim Jordan M.D. provides 5 ways to help girls handle and prevent the 24/7 news cycle of online drama and bullying:

As if it's not enough to have to navigate through all of the mean girl behaviors and drama playing out in the hallways at school, girls today must also deal with the spillover of this mischief after school in the various playgrounds of texting and social networking sites.

And it is an unrelenting, 24/7 news cycle that follows girls everywhere; no place to hide, no place for relief, no place to relax and let your hair and guard down. Statistics on the frequency of cyber bullying in 2014 reveals: 52% of young people reported being bullied online, and 25% experienced it repeatedly via cell phone or the Internet. And more girls have been targets than boys by about 60% to 40%.

Parents stand by feeling helpless, having no clue how to assist their daughters with the ever-changing drama and technologies.

I believe there is a lot parents can do to support girls to both handle and prevent online bullying.

1. Earn it! Have girls earn this privilege by demonstrating a high level of maturity and responsibility with previous technology, i.e. TV, Internet, video games etc. before getting a phone or onto social networking sites.

2. Educate: Don't assume anything! Go through sites and inform each other about what is there, how they will use it, what restrictions parents have, what is appropriate or not, and also online ethics and civility. If they wouldn't say it face-to-face, don't say it online!

3. Agreements: Create clear, specific agreements by having a give-and-take conversation about usage: amount of screen and technology time, what sites are okay to be on, who is appropriate for them to be connecting with online, and where they will park their gadgets at bedtime. Make sure everyone's needs are heard and met. Her online behavior and compliance with the agreements will dictate whether or not she will be able to continue usage and earn the next level of responsibility.

4. Monitor: Let girls know you will be periodically checking their sites and texts, i.e. "spying openly" to be sure they are following agreements and being appropriate. It's no different than going downstairs off and on during a party your daughter throws in your basement, or making sure a parent will be present all night at a sleepover or party.

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5. Follow through: Use any slipups as opportunities to listen, understand, empathize, educate, and build skills. If missteps are repeated, then they have shown you that they aren't ready for that level of technology. They'll then have to show you with weeks or months of responsible behavior with lesser technology that they have gained the wisdom and impulse control to try it again.

6. United front: Talk with her friend's parents and see if you can all come together with similar agreements, and be sure to create a good working relationship with the school in case you need to involve them at some point.

Parents, you are not powerless! Take charge, stay on top of new technology, and follow through with the agreements you make with your daughter. Having a close relationship allows you to have meaningful conversations, create real win-win agreements, and makes it easier to hold them accountable.

Talk with the parents of your daughter's friends so that you have a united front. And a good working relationship with the school will make it easier to handle out-of-school bullying in conjunction with school.

Having the ability to use all of the newest technologies is a privilege, not an entitlement. The ability for girls to earn these gadgets actually puts the ball in their court: mature, responsible behavior over time equates to more freedoms.

Don't let the culture and media dictate your child's usage of technology. Educate yourself, educate your daughter, and hold the line.

Dr. Tim Jordan has more than 30 years experience as a developmental and behavioral pediatrician working with girls of all ages through his private counseling practice, his summer camp and his *Strong Girls, Strong World* school programs. He is an international speaker and has published three books and a CD series on parenting. Dr. Jordan trained with the renowned Dr. T. Berry Brazelton at Harvard Medical School. He serves as an adjunct professor at Webster University in St. Louis and a regular consultant on St. Louis-area TV news programs. Visit www.drjimjordan.com for more information.

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The Top 6 Things Your Girls Won't Tell You

Author and expert on raising girls offers solid tips parents need to know

On the surface, girls and young women appear to be doing quite well. Statistics show that females outnumber males by about 60 to 40 for both entering college and graduating.

Young girls participate in competitive sports leagues just like their male counterparts, and are busy little bees with a myriad of activities throughout their childhoods.

But some statistics aren't so optimistic. In a 2011 Dove study of over 1200 10-17 year olds, 72% of girls felt tremendous pressure to be beautiful. Another study revealed that 40-70% of middle school girls were dissatisfied with 2 or more parts of their bodies.

Yet another study showed that 70% of girls believe they are not good enough or do not measure up in some way, including their looks, school performance, and relationships with friends and family.

And so under the surface, there is another side to girls that remains hidden and needs to be heard:

- 1.** I feel the need to be perfect in every aspect of my life: friendships, grades, sports and activities, looks. Become aware of all the ways you pressure me.
- 2.** My self-esteem is fine! Put me in safe, non-judgmental, accepting environments and my self-confidence will soar.
- 3.** You are setting me up to fail in college: Micromanaging me leaves me weak and unable to handle the normal ups and downs of life; let me make mistakes, take risks, and overcome obstacles to earn grit and resiliency.
- 4.** You are setting me up to be a miserable adult: Stop over-focusing on A's, Ivy League Colleges, and making money and guide me to be driven by more intrinsic values like being of service, personal growth, and having strong relationships...and model this!
- 5.** I hate playing the game of school! i.e. study only what's on the test and padding my resume etc. Support me in learning for the love of learning so I can retain my motivation and creativity.

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6. Hooking up still carries meaning for me: Teach me how to develop healthy, platonic, dating relationships, how to connect non-sexually with guys, and how to have clear, firm boundaries with partners.

We need to take these issues seriously, because ignoring them will cause our girls undue angst, stress, a lack of balance, and become a recipe for an unhappy life. Particularly during their transformative adolescent years, girls need more awareness, skills, understanding and support from the adults in their lives.

Dr. Tim Jordan has more than 30 years experience as a developmental and behavioral pediatrician working with girls of all ages through his private counseling practice, his summer camp and his *Strong Girls, Strong World* school programs. He is an international speaker and has published three books and a CD series on parenting. Dr. Jordan trained with the renowned Dr. T. Berry Brazelton at Harvard Medical School. He serves as an adjunct professor at Webster University in St. Louis and a regular consultant on St. Louis-area TV news programs. Visit www.drjimjordan.com for more information.

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Redefining success:
Expert and author discusses what daughters need to be successful

Despite the ever-increasing numbers of women entering and graduating from college and graduate schools, there are some serious cracks in this façade.

According to 2 studies on mental health concerns in college students conducted in 2013:

- 34% of students felt so depressed it was difficult to function
- 42-52% felt overwhelming anxiety
- 87% were overwhelmed
- 57% felt more than average stress
- 51% felt hopeless.

Our over-emphasis on getting straight A's, playing on select club teams, entrance into top-tier universities, and micromanaging our daughter's every move is not preparing girls and young women for the real world.

5 factors that every girl needs to be successful:

1. Grit and self-efficacy: these are earned by overcoming obstacles, meeting challenges, being able to make mistakes and learn from them, and being allowed to sometimes fail or suffer and pick themselves up.
2. Motivation: stop micromanaging, let kids find their own bar; being successful on your own terms and through your own efforts brings greatest ownership and fulfillment.
3. Autonomy allows kids to fully engage in their undertakings, and only when fully engaged can kids achieve mastery.
4. Teach girls to follow their hearts and find activities that they are passionate about; start letting go of knowing what's best for them; give them free will to fail so that they can choose to succeed.

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5. Allow girls to learn their own lessons in their own way and in their own time, create their own path and destiny, and follow it with passion.

Supporting children's intrinsic motivation, teaching critical thinking and problem-solving skills, giving kids more control and say-so in their lives, helping them find their passions and what brings them flow experiences, allowing them to overcome hardships and be a little hungry, and guiding them to initiate, create, and make things happen will all help kids to earn the crucial qualities of grit, self-efficacy, optimism, and resiliency. These are the ingredients for attaining success.

Dr. Tim Jordan is a leading expert on parenting girls from 2 - 20 years of age. He is the author of [Sleeping Beauties, Awakened Women: Guiding Transformation of Adolescent Girls](#). He is also an [international speaker](#), media expert and school consultant. He often speaks about girls and their journey through adolescence, relationship aggression, friendship, cliques and bullying and the best practices for parenting girls. For more information visit www.drjimjordan.com.

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Daddy's Little Girl: **6 Ways That Fathers Know Best**

Dads play a unique role to play in raising girls who are confident, resilient, and happy. Research has demonstrated that girls who have a dad active in their lives: manage school stress better, achieve higher academic success, have lower levels of body dissatisfaction and depression, wait longer to initiate sex, and have higher self-esteem.

Here are 6 ways that dads can uniquely influence their daughter's future.

1. Rough and tumble play: There is research that shows that girls who grow up with dads who play in this way end up having higher levels of confidence and independence. Playtime with dad is usually more loud, spontaneous, stimulating, physical, and out-of-the-box than time with mom. It teaches girls to be more creative and curious and improves their ability to learn.

2. Physical and verbal teasing: Dads are famous for playfully joking around with their daughters, and this kind of bantering improves girl's abilities to handle feedback and to toughen them up a bit. Girls can be overly sensitive to feedback and criticism from teachers, coaches, and peers, and so they need to be able to take it and give it back. This will prepare them to handle boys and their mischief too.

3. Stretch, take risks, and get out of their comfort zones: It's good for girls to have experiences where they can initiate, create, push the envelope, make things happen, and have adventures. This builds confidence, independence, and a can-do attitude, and dads seem to be good at pushing their girls to make waves and bounce back after setbacks.

4. Focus on non-physical qualities: Consciously affirm more important qualities like: character, values, talents, compassion, focus, determination, sense of humor, ability to not let things get to them, honesty, sense of fairness and justice, integrity, and kindness. The more dads focus on these qualities, the better chance that girls will as well. They are so much more than their bodies and looks.

5. Guide girls to become media and image savvy: Good research has shown that when parents watch TV shows and movies with their daughters, and use these times as opportunities to talk about what they are seeing, it really does help girls put things in perspective. Dads can teach girls to ask themselves questions every time they see an ad or commercial or image in magazines, movies, videos, mall window displays etc. If we can get girls to understand this, they won't be so vulnerable to advertising and the media.

6. Quality time: Research has demonstrated that girls who have a lot of quality time with their dads develop a better sense of humor, and this in turn predicts that girls will grow up with a higher level of independence, confidence, and happiness.

The best gift dads give to daughters is their presence, not their presents. And especially if their presence involves good old fashioned rough and tumble play, bantering, and adventures.

Dr. Tim Jordan is a leading expert on parenting girls from 2 - 20 years of age. He is the author of [Sleeping Beauties, Awakened Women: Guiding Transformation of Adolescent Girls](#). He is also an [international speaker](#), media expert and school consultant. He often speaks about girls and their journey through adolescence, relationship aggression, friendship, cliques and bullying and the best practices for parenting girls. For more information visit www.drjimjordan.com.

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