

EPISODE **107**

Dr. Michael Gurian On The Minds of Girls

Guest: Dr. Michael Gurian

- 2 Meet Dr. Gurian
- 2 In this Episode
- 3 Listening Guide
- 4 Quotes & Questions
- 5 Show Notes



Meet Dr. Michael Gurian

Dr. Michael Gurian is the New York Times bestselling author of twenty-eight books published in twenty-two languages including [The Minds of Girls](#).

A marriage and family counselor, Dr. Gurian provides keynotes and consulting throughout the world - you may have even heard him speak at one of the Great Homeschool Conventions.

In This Episode

Dr. Gurian joins Sarah to chat with us about the minds of girls and his newest book.

Hear about the unique learning challenges girls face, why we need to listen differently with our girls and 'girl drama' (and why there is positive side).

The Listening Guide

Use this guide to skip to parts that most interest you, or listen to the entire podcast.

- 2:08 Dr. Gurian is back!
- 3:55 Challenges girls face
- 5:36 Processing differences (white matter versus gray matter)
- 9:29 3 things that affect girls' learning
- 10:57 How girls communicate
- 14:42 We need to listen
- 17:29 Social media
- 23:15 'Pruning period'
- 25:12 'Girl drama'
- 29:47 Processing through emotional drama
- 33:03 Trusting ourselves in parenting
- 34:26 Books he read with his girls
- 38:22 Let the kids speak

Quotes and Questions

* LEGOS and movement for gray matter

"For homeschool teachers and parents, when you're looking at your little girls and little boys, it's very important if this is an area if you want them to do well later in math and science, I just say, OK, think about it, focus on it, and have the girls play a lot with Legos, have them be moving around, like at [age] 2, 3, 4 – move objects around, build things so that they develop a little more of those gray matter spatial areas that a lot of guys their brains are already set to develop them naturally."

* We need to listen

"Girls really do need that listening. They don't need us to listen for a half hour but they need us to listen for a few minutes, whatever we kind of work out is our rhythm with each of our children because each child is unique, they need us to listen for that period of time and do some amount of time of reflecting back so that they feel validated and generally once they've started repeating themselves that's when we know, OK, they've processed and we can probably interrupt now.

They need us as the people attached with them to hear them and to reflect back so that they are validated and not dismissed, and so we give them this gift because we also know that in the larger world they are going to be dismissed and interrupted; they're going to be challenged."

* The positive side of 'girl drama'

"During those years, especially, of 10-20, we actually want our girls to be having drama, not dangerous drama, but to be having this normal girl drama so that they can build a self, a resilient self."

* Dad parenting has its own value

"Part of what I think we have to do now, in the new millennium, is actually convince all of us that the way dads do things also have merit naturally, just the way they are they have merit."

Show Notes

Books from today's episode:

- [The Chronicles of Narnia](#)
- [Goodnight Moon](#)
- [Corduroy](#)
- [Winnie-the-Pooh](#)
- [To Kill a Mockingbird](#)
- [Little House on the Prairie](#)
- [Saving Our Sons](#)
- [The Wonder of Boys](#)
- [The Wonder of Girls](#)
- [Boys and Girls Learn Differently](#)
- [Nurture the Nature](#)
- [The Minds of Girls](#)
- [Peter Pan](#)

Other links from today's show:

- [RAR Membership](#)
- Get the FREE booklist and more - go to readaloudrevival.com or text BOOKS to 345345
- [RAR #82: Why Fidgeting is a Good Sign \(and what brain science says about reading aloud\), Dr. Michael Gurian](#)
- [Gurian Institute](#) — learn more about Dr. Gurian's work here
- [Dr. Gurian's site](#)

To find more resources to help you build your family culture around books, visit ReadAloudRevival.com.