

Beyond Bratz and Barbie: A doll gift guide that inspires a healthy image for girls



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Bratz fashion doll

This is part of a two-part series on Bratz and Barbie dolls. To read "[Bratz vs. Barbie lawsuit: And the winner is...](#)" [click here](#).

So you have heard about the hullabaloo with Barbie and Bratz. It turns out the idea for the Bratz dolls was stolen, and now Barbie (or rather Mattel) owns them all. Both dolls are still on the shelves, but the truth is, neither Barbie or Bratz are that great when it comes to giving girls the right idea about their bodies.

You may already know that if [Barbie was a real woman](#), she would have to be 7'2" tall, with a bust of 40", a 22" waist, and 36" hips. Compare this to the average American woman who is 5'4", with a 37" bust, 29" waist, and 40" hips. In fact, Barbie even makes the average mannequin feel bad about herself- she is only 6' tall, with a 34" bust, 23" waist, and 34" hips. Now, I will give Barbie credit for telling girls they can be anything they want- she has, after all, had jobs ranging from teacher to astronaut, and she ran for president in 2004, 4 years before Hilary!

Barbie's competitor, the Bratz girls, are even worse. They are marketed to girls age 6-10, and yet they are hyper-sexualized. In fact, the [Campaign for a Commercial-Free Childhood](#) was so disturbed by the dolls, they launched a campaign against them, stating that "The market message [to younger and younger girls] is that sex is power—a commodity."

So why not avoid Bratz and Barbie altogether this holiday season? Instead of sending your money to Mattel, consider some of these dolls that give girls a positive message about themselves:



Only Hearts Dolls

Only Hearts Girls

The Only Hearts Club dolls are a multicultural group of happy girls. They look like the girls who play with them, not like out of proportion women. They each have backstories that include hobbies, athletics, and goals for the future. [Click here for more on the Only Hearts Girls.](#)



Karito Kids

Karito Kids

The Karito Kids are six girls from different cultures around the world. They go to school and hang out with friends, and each comes with a book that tells her story. As a special touch, when you buy a Karito Kid doll, you get a website code that allows your child to help a global children's charity by playing games and learning about other cultures. [Learn more about the Karito Kids here.](#)

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