

ACTIVE DAYS MADE EASIER

The Multitard is here to save the day for active girls

SOMETHING JUST FOR US

Activewear, books, apps, and accessories made-inthe-USA for bittyrinas and their biggest supporters

ADVICE FOR BUSY BITTYRINAS

Words of encouragement and helpful advice from bittyrinas

HOW KHOL OVERCAME

After encountering many #VeryFirst experiences in 2019, Khoi GiGi-Marie shares how she overcame challenges and her plans for 2020.

FREE GOAL CHART INSIDE

Plan to conquer your dreams!

MESSAGE FROM THE FOUNDER OF BITTYRINA

Brett Lindsay Murphy wants to make movement easier for girls

o matter their personal and professional background, parents often find themselves drawing upon past experiences and lessons as they strive to prepare their little one for future challenges. For me, one day in 2015, I really wanted to teach my 18-month-old that her dance leotard was her friend.

As a former dancer and performer, I had acknowledged that the lessons learned during the process of preparing for a show were applicable to every challenge I encountered as a child and as an adult. Preparation for an amazing performance requires dedication, consistency, humility, and skill. Through college, law school, and my careers in the public and private sectors, I found this to always be the case.

I also noticed that my daughter's brain was like a sponge. She really loved to battement (pronounced "bat-muh"), which was one of the very first ballet movements I taught her. It was one of my personal favorites. Because of these observations, I enrolled her in a Mommy & Me ballet class. My class participation was requisite, so I planned to leave work a bit early once a week to get her to class. Good parenting requires sacrifice, right? I truly valued my experience in dance, so I felt compelled to formally introduce ballet to my toddler.

On the first day of the Mommy & Me class, I left work early, raced to the daycare, and managed to make it home with plenty of time to change my daughter out of her school clothes and into her dancewear. Moments before her very first ballet class, my daughter, Khoi, hysterically rejected her leotard. Despite all the planning and maneuvering that I had done to prepare for class, I could not prepare for the tantrum set to take place!



At first, I could not understand why my child was absolutely unimpressed by her new leotard. This was the point where my parental instincts kicked in. I wondered, "How can I relate to the issue to resolve it?" Recalling the frustration that I encountered while wearing dancewear as a child, I remembered feeling trapped in my leotard.

My mom worked a 9-to-5, so I remembered wearing a leotard and tights under my school clothes all day, because making a timely stop at home to change clothes before dance class was unfathomable.

I vividly remembered worrying that bathroom breaks would be disastrous. I remembered loving ballet, but hating the uniform.

That day in 2015, I decided that my toddler's inability to comply with the class uniform requirement would not stop her participation. Khoi attended her first ballet class topless, and I concluded that the world needs parent and kid-friendly activewear. I invented the Multitard and created Bittyrina to be a brand that encourages active kids as they overcome seemingly huge challenges while learning new skills to tackle major goals.



BITTYRINAS HAVE MAJOR GOALS.

Let's discover yours, Bittyrina!

PART I: DISCOVER	"Major goals may make me a little nervous. It's normal to be a bit scared, but I can overcome these feelings if I am prepared." A goal is something you are trying to do or achieve. What goal do you have and how can you prepare for it?
_	
and encourag	"When a goal seems huge, and I feel too small, I'll find comfort in what I already know. Then, I'll endeavor to learn it all." To endeavor is to try hard. What do you already know? What will you endeavor to learn?
"I'll shar	e my knowledge with my friends, because we all know different things. Maybe, I'll learn more about a certain topic. It will be my specialty." What knowledge can you share?
_	about a certain topic. It will be my specialty. What knowledge can you share:
PART II: MAKE IT HA	"With a plan, determination, and the right team, an exceptional feat will be my attainable dream!" What's your dream? How will you achieve it?
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Were the activities in this supplement helpful?

Bittyrina would love to hear your feedback! Please contact us by e-mail or on social media.











SOMETHING JUST FOR US

Bittyrina is dedicated to helping active girls reach their goals.



OUR MOBILE APPS

here are two mobile applications now available for bittyrinas. The free app, **The Bittyrina App**, is available for download on Google Play and in the App Store. The free version includes the full electronic version of *The Very First Ballet Class for a Bittyrina*. It also makes it easy to access Bittyrina's website and social media accounts within the app.

The premium version of our app, **The Bittyrina App 2**, is available in the App Store. It includes the first book of *The Very First* book series in an electronic format and a glossary and flashcards for fundamental dance terminology. Soon, additional activities will be added to the premium app and the version will be available on Google Play for android devices.

BOOK SERIES

ittyrina Publishing's *The Very First* book series, walks readers through several brand new experiences encountered by Bittyrina GiGi and her friends. As ambitious and active kids, they find themselves dealing with the natural feeling of nervousness when they embark on the first of many endeavors. When they get a little (or very!) nervous, they cope and conquer by leaning on their supporters and each other. The series begins with The Very First Ballet Class for a Bittyrina, which walks through the moments Bittyrina GiGi's very first ballet class at Miss Sheila's School of Dance.

The entire book series can be purchased for \$30, and wholesale prices are available.



A DIFFERENT KIND OF UNIFORM



Gear designed just for YOU

e've got styles waiting for you to add your touch! Create your next uniform with reversibility, snaps, a custom print, or in your favorite colors.

MESH LEOTARD

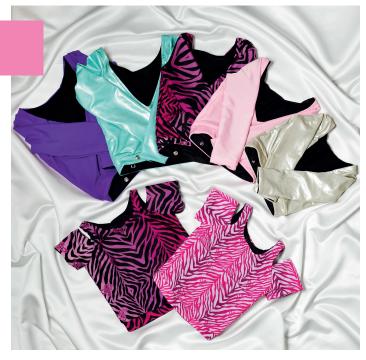
Standard RP \$35 Reversible (with snaps) RP \$40 Customization Available // Contact Us for WP



Customize your Gear

igh-quality and vibrant, our designs help active girls capture the crowd and move with ease. Get started on the next look for your team or company. Visit Bittyrina.com or e-mail us at info@bittyrina.com to submit a custom request!





MULTITARD

Deep V Multitard Top RP \$45 Cold-Shoulder Top RP \$40 Customization Available // Contact Us for WP

TUTUTARD

Seen matched with Brazen Brown ballet tights and ballet shoes by Blendz Apparel (www.blendzapparel.com) RP \$40 Customization Available // Contact Us for WP





VERSATILITY & FUNCTION Customizable tops and bottoms create unique and functional unitards of varying styles MULTITARD Cold Shoulder Top RP \$40 // Contact Us for WP Shorts RP \$40 // Contact Us for WP Customization Available





treatment during her Santa Monica Pier shoot and we think the resulting headshots turned out amazing. Congratulations again, My'Lynn!

FUN @ KIDZCON LA

Bittyrina loves to pop up at cool places... We know you'll be there!

e had a blast at our #veryfirst convention! Our team met so many amazing bittyrinas and supporters of bittyrinas at KidzCon LA. Our favorite part was helping booth visitors craft cool art. Bittyrinas learned to count, practiced reciting their ABCs, and shared their dreams with us during temporary tattoo application. We learned so much from all of you, and our team is so excited to take the show on the road all 2020:)

Many bittyrinas stopped by and entered to win our giveaway sponsored by Makala Lee Photography. Our lucky winner, My'Lynn **Griffith**, won a professional photoshoot at the location of her choice. She received star

here should we go next? If you'd like us to pop up at one of your favorite places, invite us. We will bring a photo booth, crafts, gifts and gear (of course!). Send an e-mail (info@bittyrina.com) with the event or location, and we can coordinate the rest. Bittyrina looks forward to meeting you and your friends. <3















