



2911 Parent's Newsletter



Volume 1, Issue 4

4th Quarter 2020

WHAT'S GOING ON?

[2911 Shares Good Stuff](#)

We love to see what our 2911 family loves to do! And we love to share that with you! We have videos on gratitude journaling and drones. Look for more soon!

2911 Gives Back

2911 Group is teaming up with the non-profit, [Kyle's Crusaders](#), to raise money to end childhood cancer. 100% of money raised goes towards research. Kyle's Crusaders is hosting their 6th Annual Walk to End Childhood Cancer on October 4th @ 2:00 pm in Mt Airy, MD. You can walk, cheer on walkers, and/or donate. www.kylescrusaders.com

Friends Helping Friends

Ready for some holiday shopping? Want to support 2911 Group while doing a little shopping? Shop at [Boscov's](#) Department Store, whether in person or online, on October 14 & 15. You receive 20% off almost everything and if you mention 2911 Group at checkout, we receive 5% of your total purchase. No shopping pass needed! Super easy!

Countdown to Christmas Concert Fundraiser

Want to support 2911 Group AND kick off your holidays? We deserve a safe and fun way to enjoy the holiday season this year! Yes – we are taking this event virtual! It will be an online event with music, info about 2911, and lots of holiday fun. Join us on Saturday, November 28. Look for more information on our social media and website as we get closer to the date!

Giving Tuesday

Giving Tuesday is a global generosity movement unleashing the power of people and organizations to transform their communities and the world. This year's event will take place on Tuesday, December 1, 2020.

2911 Group will be participating with an online fundraiser on our [Facebook page](#).

Compassion and Community

By Kim Bradley

The first Sunday in October each year is World Communion Sunday. It is a time when Christian communities all around the world share a holy feast, be it unleavened bread and wine, wafers and grape juice, or whatever else is available in their corner of our earthly home. The experience of sharing vine and loaf across the globe is a tactile reminder of our connection to each other, and that idea bears repeating during a pandemic that keeps us physically apart from our friends and loved ones and makes us feel isolated and alone.

What else creates community and connection? Here at 2911 Group, we have been building a community of support and encouragement for young women for the last several years. It began with offering a safe place for girls to share stories, develop life skills, be silly, sing, dance, play games, and learn from each other. Thanks to COVID-19, our community has enjoyed a greater reach than we ever thought possible through online events, spreading joy, the good challenge, and lots of other fun and uplifting projects. Through it all, the one constant has been compassion for the girls we support and for the families that support them.

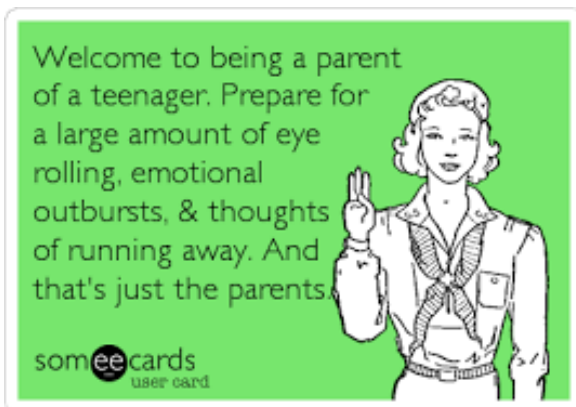
According to The Center for Compassion and Altruism Research and Education at Stanford University's School of Medicine, compassion is "concern for the wellbeing of others." The Center's website further notes that "the experience of compassion has a radiating effect, extending kindness and forgiveness toward others." As defined by www.vocabulary.com's online dictionary, compassion is "the humane quality of understanding the suffering of others and wanting to do something about it." Atticus Finch, the brave and wise father in Harper Lee's beloved novel, *To Kill a Mockingbird*, described compassion as follows, offering his daughter this gem: "If you can learn a simple trick, Scout, you'll get along a lot better with all kinds of folks. You never really understand a person until you consider things from his point of view, until you climb inside of his skin and walk around in it."

Now as the days are getting shorter and the air brings a chill, we are probably all wishing that we could be

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gathering together, swapping hugs, sharing meals, holding hands, and getting back to the comfort of physical contact and unmasked smiles. Those of us who have lost loved ones or have lost the ability to provide for our families are suffering in a way that we never imagined, some without even a physical shoulder to cry on. This is the suffering that calls out most loudly for compassion, that asks us to climb inside the skin of those who are suffering and walk around in it. Once we really experience the distress of others through that lens, our humanity compels us to do something about it. And in doing something about it, a community is born.

We are best able to move from compassion to action when we work together as a community. For example, we could have never pulled off the switch from in-person “girl power” events to a virtual presence this year without the help of our amazing volunteers and community of men and women, bringing new and creative ideas to the mission of support and encouragement for young women. We are grateful that you are part of our community, and hope that you will continue to help 2911 Group show compassion in action.



Need a little encouragement?

Read the blog post: [Parenting is Hard, Especially When You're Doing It Right](#)

Read the article: [Encouragement for Weary Parents](#)

Form a support group with other parents where you can grab some coffee or take a walk and chat about the joys and struggles of parenting

Like Annabel in our *Lessons Learned Raising Young Women* segment, ask your grown daughters what they think would be important to share as advice for parents raising young women.

Building Compassion

In the Spring when the pandemic first started, we pulled together, we looked out for each other, we gave grace, and we showed compassion. Now time has passed. We are all feeling it – crisis fatigue. Crisis after crisis has occurred and we are worn out. And it's showing. It's showing in how we are treating ourselves and others. How do we keep showing compassion?

Scientific studies suggest there are physical benefits to those who practice compassion from producing 100% more DHEA, the hormone that counteracts the aging process, and 23% less cortisol which is the “stress hormone”. In addition, practicing compassion makes you and those around you happier.

Start with yourself. Your kids are watching. What are you doing to show self-care and compassion for self? This means taking care of yourself (nutrition, exercise, etc.), making time for the things you love, showing yourself grace, managing your negative self-talk, and asking for help when needed.

Encourage self-compassion. What are they good at? Get them to share their strengths out loud. Acknowledge effort and results.

Model connection. Give your full attention to those around you. Turn off the tv, put down your devices, and focus fully on who you are with. Expect the same from your teenager when they are talking to you.

Practice gratitude. Have the family share what they are thankful for. Teach your kids to say *thank you, please, yes* and *no thank you*. Help them to appreciate what they have and what others give them or do for them.

Do random acts of compassion. Find opportunities with your kids to do anonymous acts of kindness to those who could use a boost of goodness. There's no applause or prize involved in the giving and that's another life lesson.

Volunteer. Find opportunities to volunteer together. It will be meaningful time spent together and will teach social responsibility.

Tell stories. Share with your kids stories about the hardships and resiliency of family members (aunts, great uncles, great great grandparents, etc.) This will not only instill family pride, it will also teach them how to handle hard times.

Discover love languages. Understand what makes your child feel loved and start speaking their language.

Lessons Learned Raising Young Women

Insights, Stories and Advice from Parents Who Have Been There

Annabel, Mom of Cristina and Natalie

I have two daughters who are now 24 and 23 years old. One is a nurse, living in Philadelphia with her boyfriend. The other is married and in her second year of law school. They have a younger brother who is a junior in college. Recently both girls were at our house for dinner and I told them I was writing an article about raising daughters and asked what, if anything, they thought would be important to share. It led to a fascinating conversation full of reminiscing, laughter and even a few tears.

I was surprised by the difference in perspective we had about some of the things that happened when they were growing up. I thought they would remember me as the “mean mom” who wouldn’t let them go to unsupervised parties, or imposed an earlier curfew than their friends, or wouldn’t let them get a phone until they had their drivers licenses. But that wasn’t the case – they actually appreciated most of the rules, because they knew they were consistently enforced, and they understood that we were making choices in their best interest. They did, however, remember me as the “embarrassing mom” on several occasions!

Almost every parenting book I have read stresses the importance of setting, and consistently enforcing, boundaries. I believe that to be completely accurate, but I would add that it is also important to extend those boundaries as our children grow. Once my children learned that electrical outlets were not to be touched, we removed the outlet covers. Once they understood crossing the street safely, we allowed them to walk unsupervised to see friends in the neighborhood. As they grew older there were choices to be made about social situations, school activities, dating, driving, and so many other things. In each case we set the rules, and as they demonstrated that they were able to be trusted, we gave them more freedom to make their own decisions. As they entered high school, they knew they would not be allowed to attend a party if we had not met the parents and were sure they would be supervised. When they started dating, we did not allow them to visit their boyfriend’s house until we had met the parents. By the time they were leaving for college many of those rules had been relaxed, as they had shown us that they were making good choices. It was not always smooth sailing, and when they made unwise choices, they faced

consequences, but in my conversation with them they made it clear that although they were never happy with punishments (which I have to say, were generally few and far between) they never felt they were unfair.

In our conversation we recalled my oldest daughter yelling at me in the car one day because she had been grounded for going behind my back and lying. She ranted about the privileges that she had lost and that I was so mean for not letting her get them back. I just calmly asked her, “Can you honestly tell me that any of this punishment is not fair? You know our rules and you broke them and now you are living the consequences. Is that actually unfair?” She was silent for a while and then grudgingly conceded that I was right.

When I told the girls that this month’s newsletter would focus on empathy and kindness, they both reflected that they grew up knowing that being kind was more important than anything. When they were small, their sometimes-annoying younger brother would often get in the way of their games. I usually tried to keep him busy elsewhere, but I encouraged the girls to include him if they could and it caused them to be creative in their playing. There was one memorable time when he was about five and he came downstairs with beautifully painted fingernails and toenails. “You’re right, girls”, he said as he admired their work, “the second coat does make a difference”.

Both girls told me that they had seen me and my husband modeling kindness and empathy in our letting them be in control of their lives as much as we could. We never rewarded good grades or punished poor grades as was the case for many of their friends. We celebrated their successes with them and commiserated their shortfalls with the understanding that they were responsible for their own destinies. As they started to make decisions about careers and/or colleges, we made it clear that we expected them to have a plan, but the details were up to them. They knew we were always available for advice and help, but ultimately, they were in charge. This has made a world of difference to them as they pursue their chosen careers and make choices about the men with whom they will spend their lives.

We ended our discussion the other night with a big group hug and we all agreed that the best part of raising kind daughters is the fact that they now choose to spend time with their momma – we periodically schedule “girls weekend” and they don’t seem to find me all that embarrassing anymore.

Thank you, Annabel!

11 Important Things Your Child Should “Catch” You Saying

We know that trying to say the “right” thing can be hard. Especially when dealing with young women. It’s always helpful to have tips.

We ran across this [article](#) by parenting experts who shared these phrases that you should be saying to your kids.

- **Your practice is paying off.** Be specific about how they are improving and give encouragement.
- **I don’t know.** It’s okay not to know everything. Model that for your kids and share how you are going to find out. This will help to build their curiosity and desire to learn.
- **Is that really true?** This is recommended when your child is engaging in negative self-talk. Challenge their assumptions and build their self-esteem.
- **I’m sorry.** Role model empathy and kindness.
- **I hear you.** Just like us, children want to be heard and respected. Give them that.
- **What do you think?** Let them know you value their opinion and help to develop their thinking skills.
- **You were right.** We all love to hear this. This helps to build a spirit of collaboration and equality.
- **I trust you.** Give them opportunities to act in a trustworthy manner and keep earning your trust.
- **I’m sure you can do it.** Share your belief in them with them. They need to hear it.
- **You decide.** Show you trust them. Teach them responsibility.
- **I love you.** We sometimes assume people know this. Kids need to be reminded.



Resources

[Overcome Overwhelm as a Working Parent with Kelly Donahue, PhD](#) (podcast)

[How to Spot it: 4 Sneaky Clues that Your Children Are Feeling Anxiety](#) (article)

[For Families: 5 Tips for Cultivating Empathy](#) (article)

[Three Ways to Teach Kids to Find Compassion and Empathy Behind the Screen](#) (article)

[The Surprising Power of Self-Compassion](#) (article)

[How to Help Teens Cope with Cyberbullying](#) (article)

[What if My Child is the Bully?](#) (article)

Did you know?

- **Only 38% of cyberbullying victims** are willing to admit it to their parents.
- **34% of kids in the US** have experienced cyberbullying at least once.
- Cyberbullying victims are **1.9 times more likely to commit suicide.**
- **210 out of 1000 victims** of bullying are high school girls with different skin color.
- **68% of children** that have gone through online harassment have experienced mental health issues.
- **42% of LGBT youth** have experienced cyberbullying.
- **33% of teenagers** have sent explicit images or text to someone else at least once.
- **66% of female victims** have feelings of powerlessness because of cyberbullying.

*Statistics from Techjury blog post titled “47 Alarming Cyberbullying Statistics for 2020”

Keep up with 2911 Group! Are you following us on social media? We are on Facebook, Instagram, and LinkedIn.

What might you have missed?

[Catching Up with Nicole](#)

We love catching up with our 2911 family! Check out what Nicole Knight from Smooch Studio has been up to since she spoke at our 2017 Young Women's Conference. Enjoy the small moments and be in the moment!

[Catching Up with Sara](#)

Check out what Sara Pomeroy has been up to since she spoke at our 2017 Young Women's Conference. You can make an impact! Make yourself a priority!

Seen and Heard

Women's Equality Day was August 26. We wanted to acknowledge the importance of making sure that others around us feel seen and heard. 2911 Board Member Kim Bradley wrote a blog post about this.

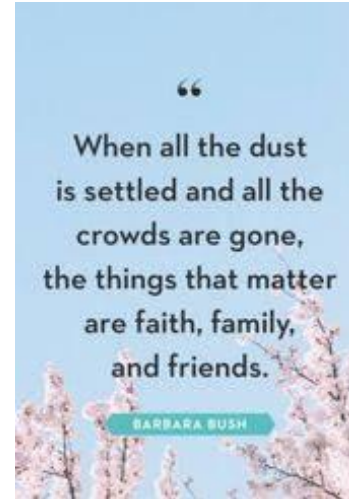
One of the most basic and powerful human needs is to be seen and heard. We all want to feel valued, important, and recognized for who we are. It's how we connect with others, showing them that they matter to us and that we care about them. [Read more.](#)

Click [here](#) to check out videos from young women sharing stories of people who made them feel and seen heard and some encouragement from our 2911 volunteers and board members. Also, 2911 Board Member JoAnn Auger shares tips on how you make others feel seen and heard.

[2911 Parent's Newsletters](#)

Is this the first time you have read the 2911 Parent's newsletter? There are three other newsletters you might have missed this year. We have created a newsletter each quarter this year. Don't miss out on great information, insightful advice, and the encouragement you need to give you that extra boost.

And they are not just for parents! The newsletters are for anyone who supports young women – relatives, teachers, mentors, etc.



Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. (Eph. 4:31-32)

10 random acts of kindness

Smile

Hold the door open

Give an honest compliment

Thank someone who you appreciate

Be a good listener

Offer your help to someone

Ask the person who's serving you how their day is going

Treat someone to a coffee or tea

Let someone go past you in the grocery queue

Send flowers or chocolates to a friend out of the blue

From the Happyologist Blog