



2911 Parent's Newsletter



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CALENDAR OF EVENTS

Having the safety of our girls as a priority, 2911 Group has made the decision to reschedule all upcoming events, including our April 4th conference, to sometime in the future.

One of our core values is social responsibility and in this time of uncertainty with the CO-VID19 virus, 2911 takes seriously doing our part to embrace social distancing and modeling that for young girls as well. Another value is kindness. Right now, what the world can use more of are people who think of others by showing kindness. We encourage you to join us in looking for opportunities to show kindness. Share your stories on our social media sites!

Our organization is so grateful for your support. During this difficult time, we invite you to stay connected to 2911 Group through our website and social media. We will continue to share motivational messages, our quarterly parents' newsletter, and monthly community touchpoint videos.

As soon as we have new dates, we will reach out to share that information. We hope you will join us in the future.

God bless you,
The 2911 Group Team

Teens in Quarantine: Advice for Parents from a College Senior

By Hayley Becker

"Normalcy" is something I never truly appreciated until I was forced out of it. I never knew how much I valued the mundane freedom that comes with going to class, meeting a friend for lunch, or even looking forward to something in the future. Recently because of the COVID-19 virus I have had to relinquish those simple pleasures and move back home to socially isolate with my family. This transition to my new "normal" has presented me with various challenges that were not expected.

Prior to social distancing, I was on spring break. I had saved up for a year to go on an all-inclusive trip to the Bahamas with some of my best friends and it was one of the best vacations I have taken. The day I came home, I found out the remainder of my senior year of college was to be completed online and my college graduation ceremony was being postponed. Everything I had been looking forward to doing in my final months as a senior was cancelled. Celebrations and events I had watched other seniors get to do for years were no longer an option for me and my friends. How did I go from one of the best weeks of my life where I felt so happy and carefree to feeling like I had nothing?

I find myself going through waves of anxiety and depression. I often have feelings of hopelessness and fear, wondering when I will get to see my friends or return to my old life. The hardest part of it all has been trying to explain what I am going through to my family and how they can best support me.

The number one thing I have found to be helpful when I am depressed or anxious is empathy. Empathy is the ability to understand and share the feelings of another. To practice good empathetic behavior, be present and listen with intention to what the person is telling you. To have empathy with another is to not only believe what that person says but to feel along with that person, to participate in that person's experience. For example, if I were to say to you "My graduation is postponed and we don't know when it will be rescheduled" a response that would make me feel good is "I'm really sorry that's happening to you, that really stinks." In that response I

INSIDE THIS ISSUE

- 1 Calendar of Events, Teens in Quarantine: Advice from a College Senior
- 2 Lessons Learned Raising Young Women
- 3 The Importance of the Father-Daughter Relationship, How to Support Others, Daily Questions
- 4 National Women's History Month, Community Touchpoints, Resources for Parents

(Teen Quarantine continued)

feel like my feelings are validated and that I'm not alone. Another response I have used when I try empathetic listening is "Wow I am so sorry you are going through that, I don't even really know what to say I'm just so glad that you told me." In this response not only are you validating feelings but you're being honest about your own, creating a deeper connection.

The number one rule of thumb when you are practicing empathy is to avoid silver lining things. For teens and young adults, it is especially difficult to open up to our family about what we are going through. In that moment of depression or anxiety the last thing we need to hear is "well at least your ceremony isn't cancelled" or "at least you're still getting a degree." By silver lining something, someone says you are making that person feel invalid and inferior. It takes a lot of guts to be honest about where your mental state is and when someone downplays how you feel or tries to always "look on the bright side" it can be hurtful.

Am I saying you should never be optimistic or remind your kids to be grateful for what they do have? Of course not. But in those moments where they are most vulnerable, that is not the time to listen like a judge and jury or to be defensive, critical, and suspicious.

The best example in the bible of empathy in my opinion is Jesus himself. Now we know empathy forces you to participate in the other's story, so that the listener not only hears and believes the facts of another's experience but feels the experience at some level. God wanted to empathize with the human experience, to understand what His children were going through, so He gave his only son. Now I'm sure that wasn't easy, but empathy isn't easy either. However, there is nothing more healing and powerful than true empathy. It allows for a deeper connection among relationships that you maybe didn't even know was possible.

Overall, social distancing is hard. There are going to be many moments where we want to push away and deal with our feelings on our own. But if we do open up to you about what we are going through, do your best to be present through the pain, listen with intention, and most of all, empathize with our experience.

2 Corinthians 1:3-4

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

Lessons Learned Raising Young Women

Insights, Stories and Advice from Parents Who Have Been There

Kim - Mom of Jane and Kate

The most important lesson I can communicate about raising young women is that fear is contagious. We often tell our girls that they can do anything they dream and work for, and that is an excellent message for raising strong and independent young women. However, on the inside, we are often thinking "that crowd is dangerous" or "she's going to get hurt" or "that's too much for her to handle" or "I worry that something will go wrong." I've found that the internal message of fear is being communicated along with the external message of encouragement, and often it's the internal message that sticks. That internal message is translated by our daughters as "my parent doesn't accept me for who I am" or "my parent doesn't believe in me" or "I'm not good enough" or "I can't do it." That path leads to low self-esteem and suffering, and I can't think of a faster way to kill our daughters' dreams and motivations.

The most repeated verse in the Bible is "fear not!" and with good reason: faith and fear are not compatible. When faced with something difficult or uncertain, we often turn to fear and run through all the scenarios of things that could go wrong. God tells us in the Bible, however, that it is in exactly those times that we should not be afraid, and instead turn toward faith to receive the blessing that comes in each and every situation, be it difficult or not. Turning away from fear and toward faith is something I practice every day, and something I communicate to my daughters. In every new situation, if they approach it with the attitude that this is for my benefit rather than this is something I should fear, even the most difficult times can be learning experiences rather than obstacles. It applies to almost every aspect of raising children, from learning to ride a bike to starting a new job.

Leading with faith that God's plan is for our benefit and not a scheme to do us harm is the best way that I can think of to teach our young women to live out their life's purpose.

A Bible verse for Moms from **Proverbs 31:25**:

"She is clothed with strength and dignity; she can laugh at the days to come."

The Importance of the Father-Daughter Relationship

You've probably heard that having a strong male influence is important in a young boy's life, but it's equally important for daughters to have one as well. A positive father-daughter relationship can have a huge impact on a young girl's life and even determine whether she develops into a strong, confident woman.

A father's influence in his daughter's life shapes her self-esteem, self-image, confidence and opinions of men. [Read more](#)....



Daily Questions to Discuss with your Family

- What are you grateful for today?
- Who should we check in with today?
- What expectations of "normal" can we let go of today?
- How are we getting outside today?
- How are we moving our bodies today?
- What are we going to do to have joy today?

Today I Choose JOY

What brings you joy? How do you find joy in every day? Don't just look for the big things but also the small things that make you smile, give you a feeling of gratitude, that you would miss if it went away. It's your choice to choose joy today.

Check out these [videos](#) of people sharing what brings them joy. Enjoy!

How can we support others during this difficult time?

2911 Group understands the power of kindness. Not only does it benefit others, it has been proven to boost self-esteem. Now, more than ever, spreading kindness is what this world needs more of.

What can you do either alone or with your families and friends to show kindness?

- Check on your friends and neighbors. This could be a text, call or talking through the storm door on their porch. Just offering some comfort and reassurance can go a long way. Make a commitment to text or call at least two people on your contact list each day to check-in.
- Use chalk to create positive messages on the sidewalk in front of your residence so people who walk by will see them.
- Paint kindness rocks and place them around your neighborhood.
- Remember the thrill of getting a letter in the mailbox? Who do you know who could use an extra boost right now? Sit down and write a letter. Get your kids to create some cards. Maybe it's a grandparent or an elderly neighbor? Maybe you could send them to a local senior citizen home?
- Donate to your local food bank.
- Support local businesses. Order carry out from a local restaurant. Order books from an independent bookstore. Buy a gift card from a local store.
- Do you know a health care worker? Send them some encouragement and thank them for all they are doing. Drop off some snacks for them and their families.

Don't forget to be kind to yourself. You are important too.

- Reach out to others to talk or write in a journal.
- Read that book that's been on your nightstand.
- Do something you enjoy that you haven't had time for recently
- Get some fresh air.
- Capture your thoughts on a devotional.
- Catch up with a friend.
- Enjoy dinner conversation with your family

National Women's History Month: Did you miss it?

2911 Group decided that for National Women's History month we wanted to celebrate inspiring women. We selected four women that overcame challenges and succeeded when others thought they wouldn't. These women have served as an inspiration to both men and women.

The [blogs](#) were written by Kim Bradley, who is a 2911 Group Board Member and freelance writer. When asked what she hopes young women take away from these stories, she responded, "I hope that the girls who come and read these stories about these women see themselves in these women. A lot of times when you see historical figures, you think they are different than I am. I could never do that. They lived in a different time or they had different circumstances, or I can't do the things that they do. I think what we are trying to do this month is feature what these people were. They are just like you and me and yet they were able to accomplish extraordinary things and it's because they believed in themselves. Whether they had the inner drive, a support system, or they had both. That's what 2911 does. We are the support system for girls, and we want to serve as that community. We encourage you to read and discuss the different [blogs](#) with young women you know.



Community Touchpoint: Catching Up with Megan

Each month we will be posting a video or article to keep us in touch with the 2911 community. This month we are catching up with Megan Woodford who was one of our featured speakers at the very first 29:11 Young Women's Conference. Megan has experienced many big milestones in her life since that time. Check out her [video](#) to see all of the great things she has going on and advice she has for young women.

Look for more [community touchpoints](#) on our website and social media pages. These are great videos to watch with the young women in your life and discuss their takeaways.

Resources for Parents

[Managing the Anxiety Around Covid-19 \(Coronavirus\)](#) by Dr Kelly Donahue PhD

[Quaranteneers: Strategies for Parenting in Close Quarters](#)

[The Family Lockdown Guide: How to Emotionally Prepare for the Coronavirus Quarantine](#)

[How Parents Can Take Care of Themselves During the Coronavirus Pandemic](#)

[Ticked-Off Teen Daughters & Stressed-Out Moms: 3 Keys](#)

[How to Build Confidence and Self-Esteem](#)