



2911 Parent's Newsletter



Volume 1, Issue 1

1st Quarter 2020

CALENDAR OF EVENTS

VOLUNTEER TRAINING

C BURR ARTZ PUBLIC LIBRARY

FEBRUARY 29 @ 3:00 PM – 4:30 PM

Want to volunteer for 2911 Group? This event shares information about the organization, policies and volunteer process.

Register [here](#).

29:11 GIVES BACK

FEBRUARY 29

CONDUCT ACTS OF KINDNESS AND POST YOUR PICS ON OUR FACEBOOK PAGE (@2911GROUP). SEE 2911 GIVES BACK UNDER WHAT'S UP FOR 2020.

29:11 YOUNG WOMEN'S CONFERENCE

- THORPEWOOD INC
- APRIL 4 @ 9:00 AM – 4:00 PM

One day conference for young women ages 13-21 that focuses on self-confidence, self-esteem, leadership skills, and social responsibility. Includes speakers, breakouts, music and lots of fun! Registration opens on February 4.

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Building a 2911 Community

NEW Community Touchpoint: Catching Up with Charlotte

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 Charlotte Chaney who was our featured speaker at last year's 29:11 Young Women's Conference. Charlotte has been very busy! Check out her [video](#) to see all of the great things she has going on.

Look for more [community touchpoints](#) on our website and social media pages.

2911 Gives Back

Why Did We Add Social Responsibility to Our Values?

A study published in the *Journal of Adolescence* suggests that altruistic behaviors, including large and small acts of kindness, may raise teens' feelings of self-worth. We know that doing things for others is the best way to feel better about yourself.

We also know that being socially responsible is a great goal for all human beings. How can you contribute to your community?

This is why the 2911 Gives Back events, also known as Act of Kindness events, are being hosted by 2911 Group. These events are not just for young women. We want our 2911 young women to participate in these events with their families, friends, and peers.

On this leap day, we are going to bring extra kindness into the world! No matter where you live you can participate in 29:11 Gives Back. Conduct an act of kindness and post it on the 2911 Group Facebook page. We will also be sharing your pics on our Instagram page.

What can you do? Involve your kids in your act of

kindness.

- Go to a restaurant or drive thru and pay for another customer's order.
- Volunteer for a local non-profit.
- Write a letter to a soldier.
- Drop off cookies and flowers to a senior citizen center.
- Do something nice for a neighbor.
- Help someone load groceries into their car.
- Donate food to a food bank or shelter.
- Donate socks and gloves to the homeless.
- Deliver a meal to a single mom.
- Paint rocks and put them in the park.
- Feed someone's parking meter.
- Babysit for free
- Buy school supplies for a teacher
- Donate pet food to the animal shelter
- Leave notes with positive encouraging messages.
- Add to the tip you are leaving after a meal.
- Bring coloring books to the children's hospital.
- Donate blood.



Lessons Learned Raising Young Women

Insights, Stories and Advice from Parents Who Have Been There

JoAnn, Mom of April

I am blessed to be a parent of a daughter. And as we all know...blessings come with challenges. My daughter arrived in this world with an "attitude". She did not sleep all night until she was 2 1/2 years old. She did not like to be touched or held by other people. She would be defiant. By the time, she was 4 years old, I was exhausted and at a loss in how to parent her. Her older brother was so easy and compliant (at least until he turned 15 but that's another story!). I began to read books, talk to other parents and pray (a lot!). Here are some things that I learned:

- Be consistent - harder than you think when you're trying to get a very strong-willed child to get dressed and eat breakfast in time for you to be at work on time. I realized that being consistent with rituals and rules really did help. Also, I needed to be consistent with MY attitude.... also, not easy because I was always stressed about a hundred things!
- Apologize when you have over-reacted. Telling your daughter that you were wrong about something or that you're sorry for using hurtful words goes a long way. Do NOT justify yourself by pointing out how their behavior "caused" you to react like you did.
- Don't break their spirit. One thing that I learned from all my reading was to train your child's strong will but not break her spirit. My daughter was definitely strong-willed, and my job was to train her how to use that strong will in a positive, Godly manner. Believe me, it was exhausting at times and "hit or miss".

Pray a blessing over her every day. I asked my now adult daughter what she remembered most from her childhood regarding our relationship - parent/child. Kind of scary to ask because as parents we often think about all the things we should have done better. And I could have done so many things better. She was generous in her response and truthful at the same time (being truthful is a very important value to her). Here is one of her responses: For background purposes: I started praying a blessing over her every morning. I used Numbers 6:24-26 as the foundation and added relevant blessings/prayers that applied to her. I would pray this out loud with my hand lightly touching her. She remembered a particular morning

when she was in the 8th grade that we were having a big argument about something (neither of us remember about what) on our way to drop her off at school. As we pulled into the parking area, we were still arguing and after a couple minutes, I said, "I'm late for work because of this silly argument. You need to just get out and go to school. We will discuss this later!" She said she put her hand on the door handle and paused. I looked at her and said, "hurry up!" To which she responded, "So, I guess you're not going to bless me today." In her memory as soon as she said those words, I turned to her and put my hand on her shoulder and said, "I am so sorry. Please forgive me." Her reply (according to her memory) was, "You need to think about how hurtful that was to me before I forgive you. We can discuss it tonight." And I did think about it. To hear that story was gut-wrenching for me to remember. By the way, she called my office on her lunch break that day and told me she had forgiven me, and she knew that I really loved her. This brings me to my last point

Remember LOVE covers a multitude of sins. I define love according 1Corinthians 13:4-5. I don't always succeed in every situation, but I certainly strive to do it. Our daughters need our unconditional love and that love needs to be expressed physically, in words and actions daily!

My daughter and I have a great relationship for which I am eternally grateful. My encouragement is to lean on God's mercy and grace and seek His wisdom and allow your daughter to see that.



Did you know?

- 75% of girls with low self-esteem reported engaging in negative activities like cutting, bullying, smoking, drinking, or disordered eating. This compares to 25% of girls with high self-esteem.
- About 20% of teens will experience depression before they reach adulthood.
- Teen girls that have a negative view of themselves are 4 times more likely to take part in activities with boys that they've ended up regretting later.
- The top wish among all teen girls is for their parents to communicate better with them. This includes frequent and more open conversations.

Listening Tools

Where can you start to be a better communicator? Become a better a listener. Here are some tips:

- *Give your full attention.* We all feel like there is so much that needs to get done. When you are having a conversation, you need to stop, turn off the tv, stop making dinner, put your phone away, and give your full attention.
- *Reflect emotions, don't mock them.* Teens love to see their emotions reflected in your face. It tells them you understand how they are feeling.
- *Reinstate in your words what you heard them say.* Reinstating helps ensure that you're truly hearing your teen. If you reinstate incorrectly, it gives your teen the chance to re-explain the situation.
- *Use body language.* Skip the eye-rolling, sighs, crossed arms and looking off into the distance. Sit with them, lean forward, make eye contact, and nod when appropriate.
- *Decide to be interested in what she's saying.* What may not seem like a big deal to you can seem like a huge deal to a teen. Pay attention, listen, ask questions. Show that you are interested in HER.
- *Listen to actions.* Slamming doors, changes in behavior, avoidance. These are clues something is going on.
- *Be ready for moments of honesty and vulnerability.* They will happen and when they do, give them all the time they need to share. Then ask, "do you want me to give suggestions or help? Or do you just want me to listen?"

Adapted from "Tools for Listening to your Teen" by Focus on the Family

Resources for Parents

You are the most important member of your daughter's support network. 2911 Group knows that you need support too.

Parent's Guide - Is your daughter attending the 29:11 Young Women's Conference? Check out the [parent's guide](#). This guide is designed to provide information about the 29:11 Conference for Young Women and suggestions on how you can provide encouragement to your daughter to get the most out of the 29:11 experience.

The guide lets you know what to expect and provides questions that you can ask your daughter before and after the conference.

Parent's Session – We offer a session just for you! If you have a daughter participating in the April 4 conference, you can attend a parent's session from 2:00 pm - 4:00 pm at the conference location.

The session provides an opportunity for parents to share information, participate in a dialogue, and encourage one another.

[Register here](#) to attend the parent's session. Participation is free.



Questions to Ask Your Kids After School Instead of “How was your day?”

- What made you smile today?
- Can you tell me an example of kindness you showed?
- What did you do that was creative?
- Who did you sit with at lunch?
- Tell me something you know today that you didn't know yesterday.
- If you could change one thing about your day, what would it be?
- What was the hardest rule to follow?

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