



Girl Scout Cookie Program Encourages Entrepreneurship p3



Conflict Resolution for the Younger Grades p3



Helping Your Stressed Out Teen p4

the GPS

girl & parent "stuff"



Charting the direction you want her to go!

Please enjoy this, the second edition of **The GPS: Girl & Parent "Stuff"** - an e-newsletter created by Girl Scouts Heart of the South (GSHS)!

Happy 2015! As we grow, the calendar pages turn faster and faster. The ball dropped in Times Square, the confetti settled on the New Year, and Girl Scout Cookie Sales have begun! GPS: Girl Parent Stuff, understands. In this, our second issue, we celebrate all relationships this Valentine's Day. We look at bullying and relationships gone wrong, and we commiserate together when the ball really drops and we as "Imperfect Parents" fail to live up to our own high expectations. So bundle up, grab a cookie or two, and join us on this GPS adventure!

Happy Valentine's Day! Take a moment to love yourself this year. Give yourself a little candy heart that says, "Forgive," every time you think you fall short of your own high expectations as a parent and consider these sweet alternatives...

from Perfect Parents Don't Exist: Forgive Yourself for These 6 Parenting Mistakes

by Sara Bean, M.Ed.

Guilt and parenthood just seem to go together. I've talked with so many people who were beating themselves up over something they'd done, sure they'd "failed as a parent." But as [noted child behavioral therapist] James Lehman said, "It's not about blame or fault; it's about taking responsibility." Here are six parenting moves to forgive yourself for—that means putting aside the blame, forgiving yourself for your mistakes or perceived shortcomings, and moving forward with a fresh perspective.

1. Losing it and yelling at your kids out of anger or frustration.

Unless you're straight out of some squeaky clean 50's TV family, you're bound to have negative feelings toward your children at times. It's normal to feel angry, frustrated, or disappointed when your children don't behave the way you expect. It's certainly not easy (or maybe even possible!) to stay calm all the time. If you're like most parents, you probably raise your voice, yell, or even scream at your kids now and then. And let's face it, for their part, kids are great at pushing your buttons. It's normal to feel guilty after "losing it," but there is a silver lining here: you now have an opportunity to model responsibility and problem solving for your child. For example, you can approach your child and demonstrate a sincere apology (taking responsibility). You can also tell her how you will solve the problem more effectively next time (problem solving), by saying something like, "Next time that I get that frustrated, I will walk away and take a break to cool off."

2. Being inconsistent with discipline.

Part of a parent's job is to set limits on their kids. It's also normal to have difficulty being consistent with those limits. Maybe you're tired, feeling overwhelmed and frayed, or just not sure how to handle your kid's behavior. Perhaps you have a child who "pushes back," and gets really mad when you do set limits—and





things happen to everyone. Of course you want to be empathetic and listen to your child (and get her outside help or counseling if she needs it) but it doesn't mean that you should allow her to behave inappropriately. It's a tough lesson for kids, but nobody has that picture

perfect life and no child grows up in a bubble that protects her from struggles and negative emotions. As parents, as much as we'd like to, we just can't foresee and prevent conflict, tragedy, or loss. Trying to "make up for" life's struggles by being overly permissive or by having deep pockets and doing too much for your child is a mistake.

When times get tough, children really just need someone to listen and to take responsibility and continue to guide them along in a regular routine with healthy and appropriate structure. Do your best to strike a balance and also provide your child with open arms and ears to love and guide them through it. You can't control other people or the world around you, but you can control yourself and how you parent your child. It's always best to focus on what you can control and remind yourself that you're doing your best, and you are enough.

this makes being consistent even harder. If this is the case with you, remember this: if your child doesn't get upset with you at all, ever, then you probably aren't doing your job very well! It's your role to set limits and your child does not have to be happy with them.

To start being more consistent, you'll need to assess the situation: what areas are you inconsistent in? What causes you to falter with consequences or follow-through? Is it that you're forgetting what you said you would do, or that you are too exhausted to hold your child accountable and stick to the limits? Identify your personal obstacles, and then make a plan to tackle them one by one.

3. Blaming yourself for your child's behavior.

When times get hard, it can be so easy to blame yourself and feel pity for your child. This can happen when there's a death in the family or in divorce situations. It's easy to let go of some of your standards and limits because you feel that your child is going through such a tough time and she needs a break right now. Or maybe your child's co-parent has gone AWOL and you feel like you have to make up for their absence in some way.

Whatever your situation is, remember that this is part of life. As difficult as it is, bad

4. Doing too much for your child.

Doing too much for your child, or "over-functioning," is another role that's easy to fall into for parents, especially when they are feeling guilty. Every day parents all over the world tell their child to do their chores, for example. They tell them once, and then three times, and then six, and then finally it's just easier to give up and do it yourself. Or perhaps your child is struggling with a school project and crying and carrying on about how it's too hard. It's very important not to step in and rescue your child from challenges. Whatever those challenges are, doing too much to help your child through them is only going to give your child the message that you don't see him as capable, or smart enough, or able to do it on his own. The next time you think of doing something for your child that he can do on his own, and really should do on his own, think about how you can guide him through rather than depriving him of the opportunity to learn a valuable life lesson.

5. Giving ineffective consequences and threats.

"You're grounded for life!" "You're never going to [insert favorite thing kid likes to do here] again!" "If you don't stop it right now, I'm packing up all of your toys and throwing them in the trash!"

Sometimes when parents get overly frustrated, they reach too far in an attempt to find a solution that will get their child to immediately change their behavior. Most parents have done this at one time or another, which is why "You're grounded for life!" is such a classic (and humorous) catchphrase for parenthood.

First, forgive yourself. No parent is perfect, and we all say things that we don't mean when we're upset or angry. When you threaten or give consequences in the heat of the moment, the

things you say you're going to do are often things you can't realistically enforce. What also happens is that you use words that aren't effective in teaching your child the skills he needs to change his behavior. It also teaches your child that he can use threats in the future to get his way. Giving consequences that you can't (or don't want to) follow through on sends the message that you don't mean what you say; your words will start to be meaningless to your child. Your best bet? Take a deep breath, and stop giving consequences in the heat of the moment.

(continued p.5)



Are you Ready for Cookies?

The Girl Scout Cookie Sale is about more than just handing over money for a box of yumminess! It's about the skills a girl learns from interacting directly with the public. It's about the experience of running her own cookie business and working with others. Selling cookies teaches goal setting, decision making, money management, people skills, and business ethics—aspects essential to leadership, to success, and to life.

*If you are an adult involved in the cookie sale – as a volunteer or just in support of your daughter's efforts – **thank you!** If you are a customer – and who isn't? – remember that you can find Girls Scout cookies near you by using the Cookie Locator App.*

Be a part of the optimism and encourage our girls to increase their financial literacy skills. Who knows? That may be a future billionaire investor you're talking to!



Can't We All Just Get Along?

Early childhood often marks the first opportunity for young children to interact with each other. As early as ages 3-5, kids are learning how to get along with each other, cooperate, share, and understand their feelings. *Daisy Girl Scouts is just one way to help young children learn to get along with others.* Here are some age-appropriate ways all adults (and even older siblings) can help:

- Model positive ways for young children to make friends. For example, practice pleasant ways that children can ask to join others in play and take turns in games. Coach older children to help reinforce these behaviors as well. Praise children for appropriate behavior. Help young children understand what behaviors are friendly.
- Help young children learn the consequences of certain actions in terms they can understand. Encourage young children to tell an adult if they are treated in a way that makes them feel uncomfortable, upset or unhappy, or if they witness other children being harmed.
- Set clear rules for behavior and monitor children's interactions carefully. Step in quickly to stop aggressive behavior or redirect it before it occurs.
- Use age-appropriate consequences for aggressive behavior. Young children should be encouraged to say "I'm sorry," whenever they hurt a peer, even accidentally. The apology should also be paired with an action. For example, young children could help rebuild a knocked over block structure or replace a torn paper or crayons with new ones.

In her article, "Mean Girls in Kindergarten," author and former educator Jane

Katch recounts her experiences handling conflict resolution among the very young and gives advice for other adults in similar circumstances. "True bullying," she writes, "involving repeated vicious aggression by those with more power than the victim (perhaps because he or she is outnumbered, or much younger and weaker) must be consistently and vigorously addressed by an entire school community. But the words 'bully' and 'mean' can also be misused to refer to any child who is trying to gain power and influence in annoying ways. I believe it is valuable for children to learn to deal with all kinds of other children, as long as they are being protected from real bullying and are getting support so they can learn how to deal with others effectively. In the long run, we want our children to be resilient and to know they can handle difficult problems. We don't want them to feel they must be protected by us from anything unpleasant--that just makes them feel powerless and vulnerable."

In an effort to help parents and teachers assist children when they felt someone was "being mean" to them, Katch developed a three-step process to address conflict.

Step 1: Listen to both sides of the story.

Ask the children to explain what they feel happened - without calling names or using words like "mean" - and to listen without interrupting. Make it clear that everyone who wants a turn to speak will have one. Ask open ended and non-judgmental questions to facilitate the discussion and help both parties explain the situation from their own point of view.

Step 2: Collect ideas

Next, collect ideas from everyone about how to solve the problem with the understanding that no one may criticize anyone's idea; just list them. More often than not, this process leads to the creation of some kind of consensus.

Step 3: Make a plan

Together, decide what to do if this kind of problem comes up again, and everyone must agree before any kind of activity or play can resume.

Katch says, "[The situation]...doesn't matter. They are learning skills that they can use in any situation. Girls need to learn how to express their feelings and opinions clearly, without making global accusations, and to listen to the opinions of others. Then they can see that each conflict has different, valid, points of view. They discover that there are many possible solutions to a problem and that by working together, they can find a compromise that makes everyone feel satisfied."

Items for girls ages 5 ~ 7
(Daisies)

Items for girls ages 7 ~ 10
(Brownies)

Items for girls ages 10 ~ 13
(Juniors)

Items for girls ages 12 ~ 14
(Cadettes)

Items for girls ages 14 ~ 16
(Seniors)

Items for older girls ages 15 ~ 18
(Ambassadors)

Teach kids financial literacy to spark entrepreneurship

(Reuters, May 20, 2014) - Billionaire investor Warren Buffett has a double life - as a cartoon character. In his "Secret Millionaires Club," an animated series online and on television, Buffett teaches a group of kids about financial literacy and entrepreneurship. Buffett, the third-richest person on the Forbes list of wealthiest people and the chairman and chief executive of conglomerate Berkshire Hathaway, took some time to talk about kids and financial literacy.

Q. How do financial literacy and entrepreneurship fit together?

A. Not everybody's going to be an entrepreneur, but everybody should be financially literate. Financial literacy is a base requirement like spelling or reading or something of the sort that everybody should acquire at any early age. The financial habits you develop when you are young are going to go with you into your adulthood. But you can't be an entrepreneur unless you're financially literate.

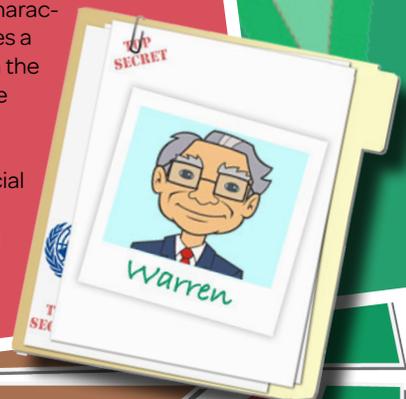
Q. How do you make entrepreneurship interesting to kids ?

A. Once they think of (entrepreneurship), they keep thinking of it. And then if they get the right lessons they're going to succeed at it and success breeds success.

Q. Is this part of your optimism in America?

A. Absolutely. The best country to be born in still is the United States, and the best time to be born is today. **We agree, Mr. Buffett! And the best time to buy Girl Scout Cookies is**

NOW!





Helping Your Stressed Out Teen

Consider this: The very same adult (perhaps parent) who shelters a student from any failure may also be the one who's pressuring them to push forward in tough times.

It's very hard to face hardships if you've never been introduced to it – and in fact, have been sheltered from it – your whole life.

What to do? How do we guide and protect our children, hoping to introduce them to a better world than the headlines describe, while still allowing them to *safely* make mistakes, learn from those mistakes, and grow in their ability to make good choices and decisions?

Our young people are far too valuable – and their future is far too important – to allow stress to dictate these years they spend preparing for adulthood.

from What to Do About a Stressed-Out Teen

by Tim Elmore, www.growingleaders.com, November 4, 2014

A new report was just released, unveiling a study of adolescents and stress. It's eye-opening. I continue to be stunned by the number of high school and college students I meet who are paralyzed by stress. I asked myself, "Is it just me? Am I the only one meeting kids full of angst?" Turns out, I'm not.

What teens say:

I just interviewed Dr. Jean Twenge, author and psychology professor at San Diego State University, and she said teens are now demonstrating more psychosomatic symptoms of anxiety and depression, such as



trouble sleeping or remembering, than ever before. High school students at the Newport Academy, a behavioral treatment center, revealed what it's like to feel overwhelmed by the stress from parents, friends and school:

"I didn't see any other people in my life struggling with anxiety, so I constantly felt like there was something wrong with me," one teen said.

Another student admitted, "I feel so far behind everyone else, and I can't keep up. So I start thinking about how it would be better if I wasn't even here."

Some teens complain that social media has complicated their lives, forcing them to pretend they're outgoing and having fun when the reality is much different. One report states that 33 percent admitted to doing

something just so they could brag about it on Facebook. Many said their parents added to their anxiety by constantly hovering, arranging after-school activities and pressuring them to do well in class.

Two big causes:

I have observed two gigantic realities that have led to this "stress" dilemma:

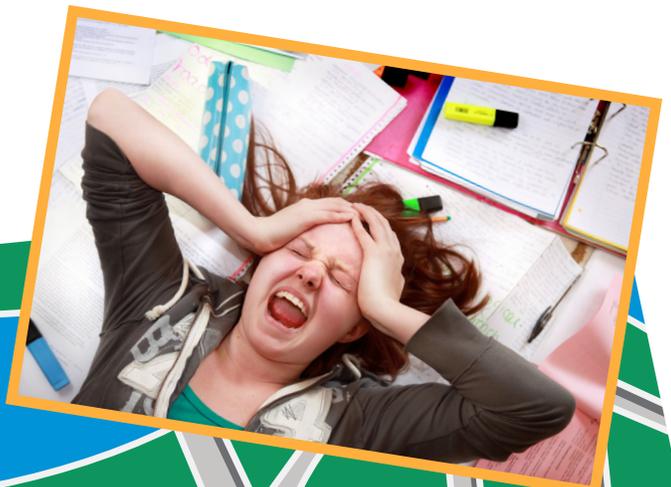
1. Teens have never been more pressured by adults to make the grade, make the team, make the cut and make a difference. They feel like losers if they're not **the best**.
2. Teens have never been more devoid of coping skills to handle adversity. This is due to adults over-connecting, over-protecting, over-serving and overwhelming them.

In a recent focus group, I was appalled by the kinds of challenges that paralyzed students. By the way, the participants in the focus group were great students: smart, savvy, good-looking, and many of them quite popular. But they were challenged by relatively minor difficulties, like a C- on a paper or a breakup with a boyfriend. I remained silent and listened, but inside, I was thinking: Wow. Count your blessings. In ten years, these will be the least of your worries!

A balanced approach

It's important to stay balanced on this issue. It's easy for us, as adults, to forget the angst of being a teenager. We forget the stress we felt over relatively small problems in the midst of raging hormones, peer bullies and tough teachers. Here are some keys to responding to and equipping a stressed-filled student:

1. **Perception:** Keep your antennas up. Look for signs of angst, including extreme silence and withdrawal, hiding their habits, or covering things up as a coping mechanism.
2. **Origins:** Help them discover the source of their anxiety. Trace their feelings to specific situations or experiences they've had. Understanding origins informs action.
3. **Outlook:** Help them understand these feelings are a natural part of adolescence. Their body and brain are changing. It's normal to feel overwhelmed in this season.
4. **Responsibility:** Enable them to see what is in their control, what is out of their control, and what is within their influence. These three require different responses.
5. **Priorities:** Stress can arise from attempting to please too many people or do too many things. Help them choose what's most important and what can be discarded.



Want more info about helping teens cope with stress? Visit: www.growing-leaders.com/blog/category/parenting/



Perfect kids and perfect parents do not exist. Parenting is a learn-as-you-go thing. James and Janet Lehman say to “expect setbacks with progress.” We all make mistakes or do some things that we regret, or that are ineffective for our kids. That’s okay. The great thing is that tomorrow is a new day—and you can forgive yourself, learn from your mistakes and move on.

(continued from p. 2) Walk away and cool off, and then later on you can hold your child accountable with consequences that are well-thought out, logical, and meaningful.

6. Feeling like you never have enough to give.

Many parents feel that they aren’t able to spend as much quality time as they would like with their children. Part of this is the world we live in; we work hard to support our families, and modern life is fast-paced and frantic. Remember that you are only one person. There is only so much you can do in a day. Keep your to-do list and expectations realistic. Second, schedule some quality time with your child each day, whether it’s playing a board game after dinner, helping with homework, cooking with them, or going for a walk. You might also try to establish some regular weekly family time, if you can, where you all take turns choosing a family activity. The phones go off, laptops are put away, and you focus on just having fun together.

On top of never having enough time, does anyone ever really have enough money? There are always bills to be paid and unexpected expenses. Life costs money, and it seems like parents are constantly in competition with others to give their children the most and the best. Often, your child’s best friend will have something super cool that you can’t afford, and your child will feel jealous and left out. You might feel guilty that you can’t buy your child the things all his friends seem to have. Realize that how you deal with your feelings about this is a choice. You can choose to dwell on it and feel badly, or you can decide to shift your focus. Ask yourself, “What’s most important here? What do I want my child to learn in life?”



Celebrate Healthy Relationships This Valentine’s Day

On the surface, the focus of Valentine’s Day seems to be all teddy bears and chocolate, but the deeper meaning of the day lies in relationships – the ones you have with others, and the one you have with yourself. Today, take time as a family to reflect on the different people in your life and your relationships with them.

As a family, make a commitment to showing your love for each other - and others - this Valentine’s Day.

How? You can encourage your child to take time to make sure she’s being the best friend she can be. Help her write a note, make a phone call, or send an email or text message to a friend or family member she doesn’t often get to see.

February is a great time to give back in some way to your community. Consider making Valentines for a senior center or shut-ins. Donate a teddy bear to a law enforcement agency (they give them to frightened children in emergency situations) a homeless shelter, or the Memphis Child Advocacy Center (www.memphiscac.org), just to name a few. Show some love to our furry friends by donating food or blankets to your local animal shelter or rescue organization.

It’s never too early to show Mother Earth some love! If the ground isn’t frozen, you can begin now to plant flower bulbs that will brighten a springtime garden! Still too cold? Start your flower bulbs indoors in a pot. Tulips, hyacinths, lilies, crocus and daffodils can brighten your home or a neighborhood garden, and they make beautiful gifts too! Do you know someone whose yard needs a little cheeriness and clean-up? Ask them if you can help and plant bulbs for them too!

This Valentine’s Day, help your children celebrate the healthy relationships in their lives by showing them what makes those relationships great and by thinking of ways you could make them even better, together.

Raising flawed kids has tested my mettle, given me patience, and grown me in places I never thought I’d needed to grow.

about100percent.com

If you ask me, it’s more important that you are teaching your child strong values: hard work, saving money, careful spending, gratitude for what you have, giving to others who are less fortunate. Considering all these things, is it really that important for your child to upgrade to the new iPhone? Instead of wracking your brain to figure out how you can buy that fancy item for your child, why not help your child think of some ways to earn and save money to buy it herself? Perhaps if she earns a certain part on her own, you can reward her hard work by matching a portion of her earnings.

The point is: try taking the focus off of the material things and put it back on values. Be the kind of parent you want to be, not the kind of parent you think others expect you to be.

Take the Pledge:

My children will be given room to grow, and mess up, and they will see me do the same. They will learn how to apologize by example, and that everyone fights and is lazy once in a while. They will learn how it feels to fail a test and deal with inconsistency. They will learn that not everyone is meant to play sports, and that we can appreciate each other’s differences, and that you can live a rich life without being wealthy.

Inspired? Read more:

www.empoweringparents.com





GSHS Winter 2015 Family Fun Calendar of Events



**Thursday, February 19,
Celebrate the Chinese New Year!
It's the Year of the Sheep/Goat/Ram.
Here is a simple recipe for Chinese
Dumplings you can make at home:**

Ingredients:

- 50 round wrappers
- 1-2 lbs. ground chicken (options: ground turkey, pork, or beef)
- ½-1 tbsp. minced fresh ginger root
- 2-4 cloves garlic minced
- 1-2 tbsps. thinly sliced green onion
- 3-5 tbsps. soy sauce
- 2-3 tbsps. sesame oil
- 1 egg, beaten (optional)
- 5 cups finely shredded Chinese cabbage (1 whole)

Directions

1. In a large bowl, mix the shredded cabbage with 1 tablespoon salt. Stir and combine well. Set aside for 10-15 minutes. Squeeze out the water from cabbage.
2. In another large bowl, combine ground chicken, ginger, garlic, green onion, soy sauce, sesame oil and egg. Mix well.
3. Add salted cabbage.
4. Place 1 teaspoon of chicken filling onto each round wrapper. Moisten the edge with water and fold edge over to form a half circle shape. Pinch sides to seal in filling. Set dumplings aside on a lightly floured surface until ready to cook.
5. Freeze the dumplings if needed.

To Cook Dumplings:

1. Gently put dumplings in boiling water.
2. Stir carefully occasionally.
3. Cook for about 12 to 15 minutes.
4. Add ¼ cup of water in the pot when the water is boiling - 2-3 times.
5. Dumplings are ready when they begin to float.
6. Serve with dipping sauce immediately.

*** For leftovers, try the pot sticker style:
Heat 2 tbsps. of oil in a frying pan. When hot, saute dumplings 1-2 minutes per side until slightly brown/crispy.*

**Building girls of
courage, confidence,
and character,
who make the world
a better place.**

Jackson, TN Area

American Bald Eagle & Waterfowl Tours

American Bald Eagle and Waterfowl Tours begin January and continue through the end of February. Buses will depart from the Visitor Center at Reelfoot Lake 10:00am daily. Saturday & Sunday buses will depart at 10:00am and 1:30pm. Eagle Tours are approximately two hours and are \$5.00 per person. Reservations are recommended (call 731-253-9652). Dress according to the weather and wear sturdy shoes or boots. North and South Campground is open year round, for reservations, call 731-538-3356 or www.tnstateparks.com. Reelfoot Lake State Park 731-253-9652. See more at: http://jacksontn.com/tourism/programs_events/community_calendar/detail/sports/fu7fcol9c5ummr2eikm968cht0_20150201T160000Z/#sthash.8iEDyTh1.dpuf

Greater Memphis Area

Bartlett Performing Arts Center THEATREKIDS in "Footloose"

Thursday-Saturday, February 26-28, 7:00 PM & Sunday, March 1, 2015—2:30pm.

In the musical theatre adaptation of the 1984 movie blockbuster, a Chicago city teen moves to a small Midwestern town and attempts to adapt to life where rock music and dancing have been banned. Once there, his rebellious spirit shakes up the populace, and he ends up leading all of the town's repressed teenagers into a rebellion against the town fathers. Bartlett Performing Arts Center, 3663 Appling Road Bartlett, TN 38133. Ph: 901-385-6440.

DeSoto Family Theatre ALSO presents "Footloose"

February 13-22. With its Oscar-nominated hit score, the celebrated film musical now bursts explosively onto the stage. LANDERS Center Theatre, 4560 Venture Dr, Southaven. Tickets are \$15-\$30. Season tickets are \$55 for Youth and Seniors, \$65 for Adults, and \$90 for Premium Section Seats (Center Section, Rows A - E). For additional information visit www.dftonline.org or call the DFT office at 662-280-6546. Purchase tickets at LANDERS Center box office, 662-470-2131, www.ticketmaster.com or call the DFT office.

Home is Where the Art Is

March 5-8, 2015, Landers Center, Southaven, MS. Event features fine-craft artists working in glass, wood, metal, clay, fiber, and other media, as well as 2-D artists such as photographers and painters.

February is Black History Month.

Look for exhibits and events in your community, or pay a visit to the National Civil Rights Museum, 450 Mulberry Street, Memphis, TN 38103, (901) 521-9699 or www.civilrights museum.org

North Mississippi Area

Oxford Film Festival

February 26 - March, 1, Oxford, MS. For more information please visit <http://www.oxfordfilmfest.com>

Krewe of Barks - Mardi Gras Dog Parade and Festival

Feb 14, 2015 • Parade begins at 10:00 a.m. On-site registration (day of parade) 9:00 a.m. Veteran's Park - Veteran's Memorial - Veteran's Blvd, Tupelo, MS. If you, an organization and dog(s) would like to take part in this fun and festive parade day celebration and festival - let us know! It will be SO fun and everyone will have a great time! Phone: 662-841-6440 or www.tupelodogpark@yahoo.com

February 2015 GPS Photos:

- GPS Screen, Masthead: *Tipton County Girl Scouts and their leader Annette Estes having fun at the Greater Memphis Area Cookie Rally on January 24*
- page 1, bottom right: *promotional image from The Donna Reed Show (1958-1966). Google Images.*
- page 3, bottom right: <http://www.smckids.com/characters.php>
- page 4, both: www.shutterstock.com
- page 6, top left: <http://www.happyholidays2014.com/tag/chinese-new-year-sheep>

girl scouts
heart of the south