

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

More Than A Program...It's A Promise!

NEWS LETTER



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KINDNESS IS KEY

“In a world where you can be anything, be kind.” While the author of this quote is unknown, the call to action of the message is one to which all should commit. As we find ourselves living in a constantly changing world, where disagreements or differing opinions can lead to conflict, showing kindness to others (and ourselves) becomes very important. Within the Army National Guard (ARNG) Child & Youth Services (CYS) Program, intentional actions are taken to infuse kindness skill-building opportunities into both in-person and virtual programming.

Why are such efforts taken to incorporate kindness into programming for youth? Across the full scope of studies focused on the impact kindness has on both physical and emotional health, research has proven that showing kindness to others helps increase personal self-esteem, empathy and compassion for others, and overall emotional well-being and resilience. Kindness can help with establishing and maintaining positive, meaningful connections with those whom we engage with on a regular basis. **Additionally, a study released by the Born This Way Foundation, in collaboration with The Harris Poll, found that 73% of young people surveyed reported that the kindness shown to them by others had a positive impact on their overall mental wellness.**

Knowing kindness plays an important role in overall youth health and wellness, the question then becomes, “How can I help youth increase their kindness – that kindness which they show to others, as well as to themselves?”

One of the first places to start resides in helping youth understand what ‘kindness’ means. So often youth are told to be ‘kind,’ but what does that mean and what does that look like? Developing a clear understanding of kindness – and what it entails - is important. Another way to help youth better understand, and ultimately develop, kindness is to model kindness in our own life and our interactions with those around us. Further, modeling kindness to ourselves, when mistakes are made, or something is accidentally forgotten, can also be beneficial. An article on Parents.com recommends adults encouraging youth to get more involved within their local schools and communities as volunteers, teaching youth to utilize ‘Please’ and ‘Thank you’ when others do something kind for them and providing support to youth in those moments where showing kindness may be challenging, or when their kindness is not reciprocated by others. Truly infusing kindness into life is a journey, not a sprint. It may be difficult at times, but each time kindness is practiced, it serves as positive reinforcement for development.

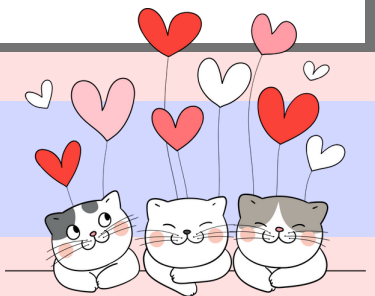
On February 17th, the world will recognize Random Acts of Kindness Day. The ARNG CYS Program encourages everyone to make an effort to show kindness to others, and then reflect on how they can continue to show kindness to others throughout the year. Share pictures on your local ARNG CYS Program’s social media page of personal acts of kindness. For ideas on celebrating Random Acts of Kindness Day, check out the Random Acts of Kindness Foundation’s website at <https://www.randomactsofkindness.org/>. Together, we can all help make the world a kinder place for everyone!



Oregon – Teen Panel members show kindness to their community by volunteering and giving back to others.

#GUARDFAMILIES #ARNGCYS

WWW.ARNGCYS.COM



REGION 2 UPDATES



Region 2 at ARNG CYS Professional Development

- (L-R) Cristina Santiago - Puerto Rico CYPC
- Melissa Nicolato - New Jersey CYPC
- Keila Perez - Puerto Rico L-CYPC
- Martha Bodley-Moses - Virgin Islands L-CYPC
- Steffi Faure - New York L-CYPC
- Kimberly Jordan - New Jersey L-CYPC

Virgin Islands ARNG CYS



VI CYS - Trunk O' Treat



VI CYS - Family Meal/IDT Festival Event with 4H

Submitted by: Martha Bodley-Moses, L-CYPC Coordinator



New York ARNG CYS

Children during a yellow ribbon event decorated cloth squares to make a flag for a deploying unit.



Puerto Rico ARNG CYS

State Teen Panel Workshops

>> In August they selected their new president, secretary and historian for this new fiscal year that is approaching. We have 7 new members that joined the group. They are currently working on a new logo for this new fiscal year and finally chose a new group name to represent them. They are called **ELEOS**, God of Clemency and Compassion.

>> Also in August, 10 teen members of the council had the opportunity to meet and interact with the U.S. Virgin Islands State Teen Council. They provided teambuilding activities and shared their experiences as members of the PR State Teen Panel.

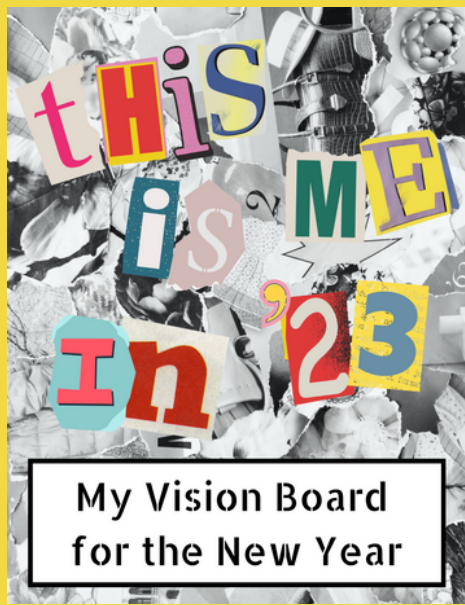


New Jersey ARNG CYS

CPR/First Aid/AED Training

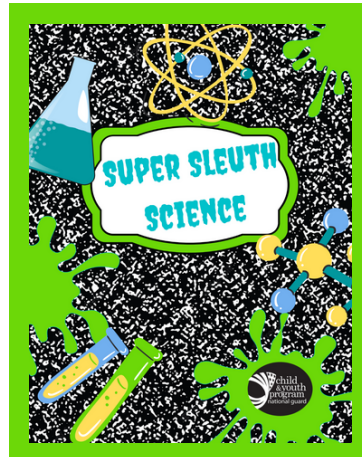


VIRTUAL PACKETS

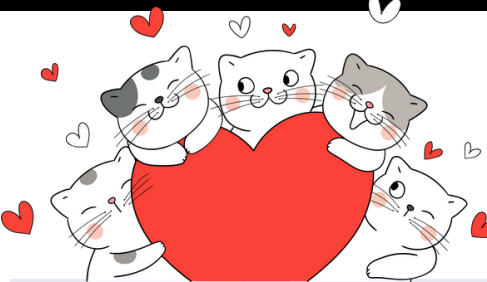


This packet is designed to help youth understand the goal setting process and then create vision boards collage of their goals for the new year. You'll have fun creating goals with your "this is me in '23" packet!

ARNG CYS Virtual programming packets are fun. Be sure to [contact your local ARNG CYS](#) to request your free activity packet.



TRAINING OPS



Parent Webinars - [HealthyChildren.org](https://www.healthychildren.org) parent webinars are designed to help parents wherever they are on the parenting journey by offering research-supported child health and safety information and immediately useable tips and suggestions.

<https://www.healthychildren.org/English/tips-tools/webinars/Pages/default.aspx>

MCEC Parent Webinars are presented live on Zoom Tue/Wed at Noon EDT. Participants must register in advance.

- Strengths and Challenges of Hidden Helpers 02/01/23
- How to Manage Perfectionism 02/07/23
- "Where Am I From?" Understanding Third Culture Kids 02/08/23
- ROTC Application Process with UTSA 02/15/23
- Admissions at USMA 02/22/23

<https://www.militarychild.org/webinars>



*This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.

ANNOUNCEMENTS

"Month of the Military Child"

Throughout the **month of April**, the Army National Guard (ARNG) Child and Youth Services (CYS) Program invites you to be part of our MOMC festivities. ARNG CYS Programs across the country will be hosting a variety of in-person and virtual programs, all designed to honor those who also serve along-side our Service Members.

If you, your business, or organization would like to learn more about MOMC, or connect with your local ARNG CYS Program, visit our website at: <https://arngcys.com/my-local-cys-program>