

Why Daughter's Day (Sept. 25) may be more important than it seems, especially this year

By Jennifer Lane, National Board President, National Charity League, Inc.

September 25 is Daughter's Day. It's a challenging time to be a daughter, especially a teen daughter. And, it is a challenging time to be a mother of a teen daughter. Society spends a lot of time each year – and rightfully so – celebrating Mother's Day, but less time celebrating Daughter's Day. This year, we at National Charity League thought it was important to acknowledge the unique role daughters play in moving us forward as a society.

Mother-daughter relationships are pivotal in holding a society together, in influencing everything from the well-being of individual family units to the health of whole communities in which these mothers and daughters live. As the only organization focused exclusively on the mother-daughter relationship and its fundamental role in creating the women and communities of tomorrow through philanthropy, we at National Charity League have always believed in the importance of celebrating each new generation of women and what mothers and daughters bring to the evolution of our families, our neighborhoods, and our world.

Unfortunately, there is no doubt about it. Our daughters face challenges every day, and some might argue these are tougher challenges than at any other time in history. From a global pandemic and climate change to racial divides and a teen mental health crisis, life for teen girls is not easy. And, there's no simple answer.

However, there are simple gestures that each of us can extend today, and every day, to all the daughters we encounter in our lives: words of support and encouragement; an authentic "how are you?" with genuine interest in the response; perhaps inquiring about their passions, their college applications or job plans, or the start of their new school year. Through NCL, our daughters utilize their passions and leadership skills to positively impact their communities via philanthropy.

We encourage all of you to take time to acknowledge our collective daughters on Daughter's Day in your own special way as it may just mean the world to them. To find out more about how our daughters are making an impact nationwide, please check out our website [here](#).

We see you, daughters. Because for nearly 100 years, National Charity League has watched generation after generation of daughters rise to the opportunities that have been bestowed upon them, and we know from history that you too will rise.

Happy Daughter's Day. We can't wait to see what you will do to make this world a better place.