



**NAUSET
YOUTH
ALLIANCE**

Positively Guiding Today's Youth
Into Tomorrow's World

NEWSLETTER

January 2022

An Idea For A New Year's Resolution

January is a time when many people make resolutions often along the lines of losing weight, exercising more, or eliminating a vice. A resolution idea I have for Nauset Youth Alliance Family's is to resolve to have a weekly family night (and if schedules are too busy) at least a monthly family fun night that becomes sacrosanct. A family fun night includes planning an activity and everyone participating in it sans devices. While it seems we've had more family time than ever due to the pandemic, being passively in the same space vs. actively engaging together are two totally different experiences.

The benefits of planning a weekly family night include:

- 1. It makes family time a priority.** Sometimes all the things on our to-do lists prevent us from slowing down and enjoying our kids. Planning a weekly family fun night is an easy way to become more intentional and enjoy more quality time with your family.
- 2. It makes children feel connected.** Kids love family night not only because they are fun but also because it brings them closer to their parents. A family night is a perfect opportunity to have together and to connect. Give kids the chance to plan a night and it also gives them a sense of agency ("being able to make choices and decisions to influence events and to have an impact on one's world.").
- 3. Family nights will become precious memories.** Kids grow up so fast!! A weekly family night is a tradition that will bring you many happy moments that will become precious memories as the kids grow up.



Important Dates

School closes for Winter Break on December 22nd and reopens on January 4th. There is no NYA Dec. 23-Jan. 3

**School Closed
January 17th
Martin Luther
King Day**



Here are some ways to have a calm, relaxing, “reset” evening together:

Watch the sunset – I know it sets early these days but try to catch a glimpse as a family. Winter sunsets can be beautiful and walking the tidal flats at a low tide sunset allows for the glimpsing of a variety of sea creatures connecting us further to our Cape Cod home.

Take a walk – A refreshing walk together is a great way to have some meaningful conversations while creating healthy habits. Normally recalcitrant children have a way of opening up about things in their life when the focus is not on them.

Color – Yes, color! Get out the coloring books and crayons. A new coloring book might be in order, so everyone can find a page they’ll enjoy. There are also many great sites online to print coloring pages.

Do some yoga – Find some videos online to follow along with. No matter your skill level, there’s a video to help you. Not only is it another fun way to create healthy habits, but when we as adults attempt an activity we don’t typically do or is out of our comfort zone, we are modeling and demonstrating the important life skill of taking appropriate risks as well as showing that we can laugh at ourselves, and that we don’t take ourselves too seriously.

Read together – Whether you read aloud from the same book or read separately, just doing the same activity together creates a bond.

Research shows that it takes, on average, 66 days for a behavior to become a habit. Therefore, I urge families to stick with a family fun night through March at least to allow it to become a healthy family habit. Have fun and enjoy!

happy new year



Please put your child’s name in clothing they might remove while at NYA, i.e., coats, sweatshirts, mittens, gloves, hats, scarves, winter boots, etc. If there is a name in them, we can reunite the clothing with your child. Use a marker to write their name on a label, get preprinted labels and iron them in, etc. It would be a shame if a child were to lose a holiday gift from Santa, parents, grandparents... We also request that you put their name on water bottles. We would love to have a completely empty lost and found basket. Thank you!