



**NAUSET
YOUTH
ALLIANCE**

Positively Guiding Today's Youth
Into Tomorrow's World

NEWSLETTER

January 2024

Ideas For New Year's Resolutions

When you think "kid-friendly holiday", New Year's Eve probably isn't the first thing that springs to mind. But just because the kids might not last long enough to see the ball drop, doesn't mean they can't participate. In fact, New Year's Eve is a great time to come together and set some family goals for the upcoming year.

Get Outside More

Make a commitment this year to get outside more with the kids. That can mean hiking, bike-riding or camping. Enjoy the beautiful resources of our unique sandy peninsula!

Practice Gratitude as a Family

The fact remains that the more grateful your kids are, the happier they'll be their whole life through. What a great gift to give your kids! Gratitude will be a familiar concept to our Eddy students as they've recently done a number of activities around the concept of gratitude.

Go on More Adventures

Think about how you want to spend your downtime. Weekends, evenings, and vacations can be opportunities for adventure, but we often lose them in front of the TV because we fail to plan... make a bucket list of the fun you want to have as a family — then get those ideas on the calendar.

Keep a Record of Your Life Together

Give your children family pictures. Create family memories and leave a pictorial family history. One thing I would also add is not to forget to get yourself into your family photos. My family, much to their chagrin, have taken up my habit of offering to take group photos when they come upon someone taking a photo of people.

Read Together

Studies have shown a steep decline in kids' interest in reading around 4th grade. You know what else not-so-coincidentally occurs around that time? Parents stop reading to their kids. Make a concerted effort this year to read to, with, and around your children. If your

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Important Dates

**NYA reopens on
January 3rd
There is no NYA
Dec. 23-Jan. 1**

**School Closed
January 15th
Martin Luther
King Day**



kids aren't interested in story time before bed anymore, up the ante by graduating from simple story books to chapters of classic adventure books each night like Harry Potter. I read the first six books aloud to my son each night and they remain one of his favorites.

And don't forget the importance of modeling with your teenagers. Consciously turn off the screens on a regular basis and pick up a book while in plain sight of your offspring, encouraging them to do the same. If you are on a device such as a Kindle talk to your child about what you're reading and why you chose that book.

Start a family book club with each person reading the chosen book on their own and then getting together to talk about it.

Start a Family Game Night

Having a regular family game night is a great tradition to strengthen the family unit. Not only does it ensure time for connecting with each other, it also gets your kids in the habit of communicating with you – something that will pay off big time when they're older. Plus, with the right game, it can be really fun!

Give Warm Greetings and Farewells to Each Other

It's easy to fall into the bad habit of barely looking up from games, homework, books, or devices when family members come and go. This habit is surprisingly easy to acquire — it doesn't take any extra time, energy, or money — and it makes a real difference to the atmosphere of home.

Be Silly Together

In raising kids, one parent is often the fun parent and the other tends to be the one holding the fort down. There's a time let go of the rules and what 'should be done.' There's a time when the goal of having FUN is more important than anything else.

Eat & Make Healthier Food Together

No New Year's Resolutions round up would be complete without a mention of eating better. As parents we all want to instill in our kids healthy eating habits that they can take with them into adulthood.

Challenge Each Other to Think More Creatively

Last, but not least, help kill the creativity crisis plaguing our youth by encouraging them to flex their creative muscles this year. Have them put their devices down and create in the analog world.

Best wishes for 2024 and may you fulfill the resolutions you and your family set.

Source: Modern Parents, Messy Kids



Pancake Breakfast

The 22nd Annual Super Bowl Sunday Pancake Breakfast is Sunday, February 12th. Raffle prizes are needed. Prizes can be gift cards, services, gift baskets, crafts, and the list goes on. If you would like to donate a prize please be in touch with David Rost, David Ayers, or Donna Cormier by January 30th. The event will be held at the Eddy School this 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!

Dressing for The Weather



With the weather turning colder this is a reminder to please send your child to NYA with a coat, hat, and gloves. We go outside in temperatures as low as 30 degrees, but we won’t allow someone to do so if they are not dressed appropriately. Thanks for your help in making NYA a fun and safe place for your child.