

## Parenting Is A Lot Like Groundhog Day

Parenting can seem a lot like Bill Murray's Groundhog Day, repeating the same routines and tasks day in and day out. Yes, we know it's the most important job that could ever be done. Yes, we are aware that we are leaving our mark on the next generation. Yes, we love our children more than life itself.

Still, the truth of the matter for all parents is that parenting - like any job or calling - can be boring with all of its trappings of routine and incessant giving. Throw in a lack of sleep and a few patterns of especially challenging parenting responsibilities, and you've got a parent's version of Groundhog Day for days.

What can we do to break the repetitive cycles of parenting in order to rejuvenate ourselves (and be the best versions of ourselves for our kids)?

### Plan a weekly adventure

Do something out of the ordinary with your children. A change of scenery and the feeling of adventure can go a long way. These kinds of plans may mean that some of your regular tasks don't get done when they normally do, but the feelings of excitement related to doing something different go a long way. Also, no matter what goes wrong and no matter how many on the go meltdowns you may deal with, you are left with a feeling of accomplishment that inspires you to embark on more family adventures. These kinds of outings are also the memories you will look back on with longing as schedules get busier and as you see your children less and less as they make plans on their own.

### Pick something special to do for yourself

Part of what can get us stuck in a rut with parenting is the fact that we need to give of ourselves in a nonstop way while receiving very little in return. Of course, there is fun and hugs and snuggles, but the time, emotion, and energy that we put into parenting can be exhausting. Rewarding ourselves for the hard work is not something we should feel guilty about. It's part of self-care, and by taking care of ourselves, it helps us to take care of our families.

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### Important Dates

**Early Release  
Wed, Feb. 8th**

**NYA begins at 11 am following early dismissal. If your child is attending NYA on that day, please be sure to send a lunch as food services will be closed that day.**



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**School Closed  
Feb 20-24th**



Indulging in an hour of Netflix, slipping out for a manicure, making it to our favorite yoga class, taking a walk in pure peace and quiet, reading a book with a hot cup of tea... These may seem like simple choices, but when we let ourselves become a victim of always putting others first and of following a schedule that prioritizes the needs of everyone but ourselves, fitting in these kinds of activities can re-energize us in needed and important ways.

## Meditate

Sometimes we simply can't escape the confines of routine and schedules, but we still need a place to escape to. Meditation has been a practice that has been connected with a healthy lifestyle for thousands of years for a reason. It allows you to escape and breathe and change your surroundings no matter where you are and no matter what your circumstances may be.

For many of us, it's hard to sit in silence without our to do list pumping its way loudly through our minds, but luckily, there's an app - actually many apps! - for that. Apps have guided meditation tracks, as well as meditation music and sounds, for every circumstance and length of time. Whether you need two minutes of escape or an hour plus of focus on starting anew, there is a free track to choose from.

You do have the power to escape your parenting Groundhog Day. May we all use this Groundhog Day to break free of too much routine and to rejuvenate!

Source: Family Education

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**Carpenter needed to hang cabinets in the NYA office. If interested and able please contact Mr. Dave.**

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## Pancake Breakfast

The 21st Annual Super Bowl Sunday Pancake Breakfast is Sunday, February 12th from 8 – 11:30 am at the Eddy School. Admission is \$10 for adults and \$6 for those under 15 years of age. Hours are 8-11:30 am with last serving at 11 am. The door prize, donated by the Henchy Family, is two one-night stays at the Nauset Beach Inn. Raffle prizes include games, toys, gift baskets, and homemade goods. Currently, there are over 30 raffle prizes available with more to come! Brewster Rec will run a Run, Kick, Pass contest in the Eddy gym at 10 am.



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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!

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### 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.