

Spotlight on YPC

Community Events	
Easter Egg Hunt, Buccleuch Park, New Brunswick, 11AM	4/6
NJ Folk Festival, 191 Ryders Ln, New Brunswick, 10-6	4/27
Rutgers Day, New Brunswick, 10-4	4/27

- Upcoming Topics:*
- ◇ Anxiety and Stress
 - ◇ Healthy Relationships
 - ◇ Family Dynamics
 - ◇ Biography and Lifespan
 - ◇ Lifestyle and Basic Needs

PLEASE NOTE:
 YPC will be closed on Thursday, April 18, 2019 in observance of Good Friday.



Month in Review

April has been a busy month here at YPC! Our weekly topics focused on self-awareness, positive thinking, self-esteem, and coping skills.

Self-awareness is having a clear perception of one's personality, including strengths, weaknesses, thoughts, beliefs, and motivation. YPC clients created their own superheroes that combined their best skills with those of their peers.

Positive thinking is a mental attitude that focuses on the bright side of life and expects positive results. YPC clients were challenged to come up with their own personal mantras to assist them in increasing

their ability to think positively.

Self-esteem is the thoughts, feelings, and opinions we have about ourselves. YPC clients explored their own self-esteem and helped boost each others' self esteem by creating flowers representing each client. Clients wrote about their own positive traits on the stem of their flower. They then each made petals for their peers reflecting their peers positive traits. At the end of this exercise, each client had a fully blooming flower representing all of their great qualities. Their garden of flowers is now decorating our Spring bulletin board so that the YPC clients can see it every day and remember how much value they have. The

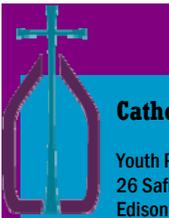
clients also enjoyed a day of self-care, where they practiced yoga, and learned to make homemade facial masks out of regular household products.

Coping skills are methods a person uses to reduce the intensity of mental health symptoms. Clients were taught different coping skills and given the opportunity to practice these by making calm-down bottles and slime. They also each made a key ring of their preferred coping skills so they can carry it with them to remind them to use these when triggered. They learned the value of exercise as a coping skills by spending some time outdoors exercising with their peers.

Positive Affirmations

YPC clients used creative expression to paint their own positive affirmations and personal mantras on canvas boards. Their affirmations included encouraging phrases such as, "Never give up," "That was then, this is now," and "Great things take time."





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Family Activity: Take it Outside

As the weather is getting warmer, it feels great to spend time outdoors as a family. Here are some suggestions of things to do:

- * Have a picnic or barbecue
- * Plant flowers or vegetables
- * Go on a hike
- * Walk on a nature trail
- * Go to a park
- * Ride bikes, skateboard, or rollerblade
- * Express yourself with sidewalk chalk or sidewalk paints
- * Have a water balloon fight
- * Make birdhouses or birdfeeders
- * Create a nature scavenger hunt
- * Go to the zoo
- * Fly kites from the dollar store

Spotlight on Self-Esteem: Praise Makeover

Part of helping your child build their self-esteem is providing them with praise and letting them know the things that they are doing well. We all have a tendency to focus on the negative and to see our own limitations and shortcomings. Therefore, it is vitally important to boost your child up by pointing out all the great things about them, and by letting them know all the many reasons that you love them and are proud of them.

This doesn't always come easy. If your child is displaying significant behavioral issues, it can be difficult to see the positive yourself, let alone point it out to your child. However, praise is even more important during these times, because your child needs to know and understand what they are doing well, so that they will be motivated to continue engaging in

positive behaviors and stop engaging in negative behaviors.

The first step to doing this is to make sure that you are praising your child often. Challenge yourself to give your child at least 10 words of praise per day. Keep a close watch and find the many things they are doing right throughout the day.

The second step is to ensure that your praise is meaningful. Don't just say "Good job!" Explain why it is a good job. For example, if you handed your boss a report and your boss just said, "Thanks, good job," that probably wouldn't mean a lot to you. However, if your boss said, "Great work, this report is really well written. I can tell you put a lot of time and thought into it," that would probably give you a much greater sense of pride, and

renew your motivation to continuing working hard.

Try to follow this formula for an effective praise makeover: 1. Your observation of the behavior + 2. your child's process, +3. the extra meaning. For example, if your child is struggling with schoolwork, instead of, "I'm proud of you," say, "I noticed that you went back to check your work. That extra step was a great idea." If your child is struggling with their hygiene, instead of saying, "You look good today," try, "I can see the care you took in washing your hair today. It looks so pretty. I can tell that you are taking more pride in your appearance."

