



# Spotlight on YPC

Community Events	
Valentine's Day Craft, Piscataway Library	2/5
Kite Creations, East Brunswick Library	2/8
Valentine's Dance, Parson's Elementary School, North Brunswick	2/19

- Upcoming Topics:*
- ◇ Coping skills
  - ◇ Anxiety/Stress
  - ◇ Healthy Relationships
  - ◇ Family Dynamics

**Please Note:**  
 YPC will be closed on Monday, February 17th in observance of President's Day.



## Month in Review

January has come and gone! YPC clients covered the topics of social skills, self-awareness, positive thinking, and self-esteem.

Social skills is the ability to interact with others in a way that builds relationships and enables one's needs to be communicated and met in appropriate ways. This week client's participated in various games and teamwork exercises in order to practice these skills.

Self-awareness is having a clear perception of one's personality, including strengths,

weaknesses, thoughts, beliefs, and motivation. YPC clients took a personality test and did various self-awareness word prompts each day, in order to help them identify who they are and what they want to achieve. At the end of the week, reflections were done to see what each client learned.

Positive thinking is a mental and emotional attitude that focuses on the bright side of life and expects positive results. YPC clients made their own positive mantra boards this week, in order to help them increase their

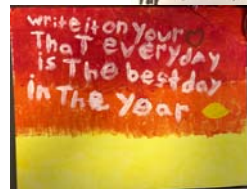
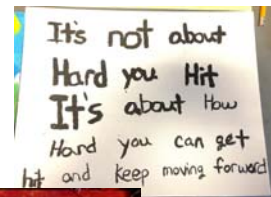


ability to think positively.

Self-esteem is the thoughts, feelings, and opinions we have about ourselves. This week YPC clients participated in various activities, in which they complimented each other, recognized positive traits about each other, and discussed times that they wish they were complimented or praised, but were not.

## Spotlight on: Positive Thinking

YPC clients created positive mantra boards, which served as a reminder to always think positively and try to look on the bright side. Here are some of the boards that clients created.





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# Family Activity: Valentine's Day

As Valentine's Day is approaching, it is the perfect time to spend time with your child and show them how much you love them.

Here is a list of some ideas that you and your child can do together.

- Bake heart-shaped cookies or brownies and decorate them together.
- Make valentine's Day cards for each other or others.
- Do a Valentine's Day craft.
- Make a scrapbook.
- Cook a special meal together and eat as a family.
- Create a list of all the ways your family shows love.



## Spotlight on: Self-Esteem

It's important to praise your child on a daily basis for positive things that they do. Praise is a way to increase your child's self-esteem.

Self-esteem is an essential trait for children to have. When a child has low self-esteem it can lead to negative thoughts, anxiety, stress, poor performance in school, and self-blame.

When praising your child it is important to praise them in a more specific way, instead of just saying, "good job" or "I'm proud of you."

For example, if your child completes all their chores you can say, "thank you for completing all of your chores, your bedroom looks so clean and everything downstairs was put away very nicely."

When giving specific examples of what your child does well, it reinforces for them that they are doing the right thing, which will then lead them to continuing to behave a certain way.

Praising your child makes them feel good and when a child feels good, they will overall be



happier. Everyday try to challenge yourself to say at least 10 specific praises to your child. Specific compliments to your child each day will help them in a drastic way.

