

# KIDS CLUB JANUARY



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA of the North Shore

January 2018

[northshoreymca.org](http://northshoreymca.org)

## WINTER WONDERLAND



### Minimizing Power Struggles

No matter how easy going a child, there will be times when they refuse to comply. As young children develop, they begin to understand that they can make decisions and occasionally make their stance at an inconvenient time.

How do we set our children up for success?

Children benefit from understanding what to expect. Explain to them where you are going and what you will be doing, or the schedule for the day. Even young children before they speak are learning to understand expectations. Remind them of a rule that may trigger a behavior. For example: "We are going to the store to buy food, no candy today."

While it is frustrating to adults when a child won't do as asked, it is a healthy developmental stage for your child. These incidents help children develop a stronger sense of self and the capability to set their own limits.

How do we react?

Trying to force the child may escalate the situation into a full blown power struggle. Try offering assistance. For example: "Do you want to put your own socks on or would you like my help." "I can help put away your toys. Would you like that?" "Remember how we talked in the car about buying food today not candy?"

Or offer choices where either would be acceptable. For example: "Do you want to wear the red socks or blue socks today?" "Should we put trucks in the bin first or blocks on the shelf?" "Would you like an apple or pear for snack?"

Power plays are a part of growing up. When handled in a calm manner, they offer opportunities for children to develop self-esteem and self-control.

### FEATURED BOOKS:

#### Winter Wonderland

By Jill Esbaum

#### Snow

By Cynthia Rylant

#### Animals in Winter

By Henriella Bancroft

#### The Mitten

By Jan Brett

#### The Snowy Day

By Ezra Jack Keats



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# KIDS CLUB LOCATIONS AND HOURS



## **Cape Ann YMCA 71 Middle Street, Gloucester, MA 01930**

Sunday: Closed  
Monday: 8:00 am - 1:00 pm, 3:45 pm - 7:00 pm  
Tuesday: 8:00 am - 1:00 pm, 3:45 pm - 7:00 pm  
Wednesday: 8:00 am - 1:00 pm, 3:45 pm - 7:00 pm  
Thursday: 8:00 am - 1:00 pm, 3:45 pm - 7:00 pm  
Friday: 8:00 am - 1:00 pm  
Saturday: 8:00 am - 11:00 am

## **Greater Beverly YMCA 254 Essex Street, Beverly, MA 01915**

Sunday: 7:45 am - 12:00 pm  
Monday: 7:45 am - 7:30 pm  
Tuesday: 7:45 am - 7:30 pm  
Wednesday: 7:45 am - 7:30 pm  
Thursday: 7:45 am - 7:30 pm  
Friday: 7:45 am - 7:30 pm  
Saturday: 7:45 am - 12:00 pm

## **Haverhill YMCA 81 Winter Street, Haverhill, MA 01830**

Sunday: 8:00 am - 12:00 pm  
Monday: 8:45 am - 1:00 pm, 3:30 pm - 7:30 pm  
Tuesday: 8:45 am - 1:00 pm, 3:30 pm - 7:30 pm  
Wednesday: 8:45 am - 1:00 pm, 3:30 pm - 7:30 pm  
Thursday: 8:45 am - 1:00 pm, 3:30 pm - 7:30 pm  
Friday: 8:45 am - 1:00 pm, 3:30 pm - 7:30 pm  
Saturday: 8:00 am - 12:00 pm

## **Ipswich Family YMCA 110 County Road, Ipswich, MA 01938**

Sunday: Closed  
Monday: 8:30 am - 12:30 pm, 4:00 pm - 7:30 pm  
Tuesday: 8:30 am - 12:30 pm, 4:00 pm - 7:30 pm  
Wednesday: 8:30 am - 12:30 pm, 4:00 pm - 7:30 pm  
Thursday: 8:30 am - 12:30 pm, 4:00 pm - 7:30 pm  
Friday: 8:30 am - 12:30 pm  
Saturday: 8:00 am - 12:00 pm

## **Lynch/van Otterloo YMCA 40 Leggs Hill Road, Marblehead, MA 01945**

Sunday: 8:00 am - 12:30 pm  
Monday: 7:45 am - 2:00 pm, 3:00 pm - 7:30 pm  
Tuesday: 8:00 am - 2:00 pm, 3:00 pm - 7:30 pm  
Wednesday: 8:00 am - 2:00 pm, 3:00 pm - 7:30 pm  
Thursday: 8:00 am - 2:00 pm, 3:00 pm - 7:30 pm  
Friday: 8:00 am - 2:00 pm, 3:00 pm - 7:30 pm  
Saturday: 7:45 am - 1:00 pm

## **Salem YMCA 1 Sewall Street, Salem, MA 01970**

Sunday: Closed  
Monday: 8:00 am - 1:00 pm, 6:00 pm - 8:00 pm  
Tuesday: 8:00 am - 1:00 pm, 6:00 pm - 8:00 pm  
Wednesday: 8:00 am - 1:00 pm, 6:00 pm - 8:00 pm  
Thursday: 8:00 am - 1:00 pm, 6:00 pm - 8:00 pm  
Friday: 8:00 am - 1:00 pm  
Saturday: 8:00 am - 1:00 pm

## **Plaistow Community YMCA 175 Plaistow Road, Plaistow, NH 03865**

Sunday: Closed  
Monday: 8:30 am - 11:00 am, 5:00 pm - 7:30 pm  
Tuesday: 8:30 am - 11:00 am, 5:00 pm - 7:30 pm  
Wednesday: 8:30 am - 11:00 am, 5:00 pm - 7:30 pm  
Thursday: 8:30 am - 11:00 am, 5:00 pm - 7:30 pm  
Friday: 8:00 am - 11:00 am  
Saturday: 8:00 am - 11:00 am

**QUESTIONS,  
COMMENTS, IDEAS?**

**CONTACT:**

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