



CBTS NEWSLETTER

SEPTEMBER 2010

HELPING YOUR CHILD BUILD HEALTHY RELATIONSHIPS

"Play nicely." "Please share." These phrases or similar versions of them are familiar to many of us. We heard them as children and probably repeat them to our own children. It's in the early years when we begin to help our children make friends and build relationships. As individuals we may be unique, but some experiences and needs are common to all of our lives. Having healthy relationships with our peers is one common need. Adolescent children especially need healthy friendships. It's important to this age group to have someone who shares the same likes and dislikes in music or clothing, or someone who can offer mutual support in navigating this difficult growth stage. Parental guidance at this time is key to helping form healthy friendships. Here are some ways you can help your child build healthy relationships:

Build respect for other people's feelings and property. Compliment your child's knowledge and abilities, pay attention and listen to her, and ask permission to use things that belong to her. Your child will display the same behaviors to you and to others outside the home. Respect is a two-way street that builds trust, encouraging good relationships.

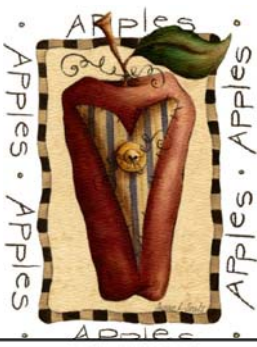
Provide a safe and loving home environment. Your child should feel comfortable bringing friends home, and her friends should feel welcome in your home. This gives you an ideal opportunity to observe your child's friends and spot troublesome relationships.

Teach responsibility. Give appropriate amounts of independence and freedom. Do not instantly demand that your child end a relationship with which you are uncomfortable. Instead, choose a time to calmly express your concerns and gently remind your child about the boundaries and standards you have set for your family. Most children will respect these boundaries and eventually make them part of their lives. A child is more likely to give up an inappropriate friendship because it could cause embarrassment than because he feels compelled to.

Resolve conflict. Teach your child to respect other points of view. No relationship is without discord, and sometimes we have to lose the fight to win the relationship. Compromise is a key ingredient in maintaining good, healthy relationships. Where good relations are concerned, winning isn't everything.

Be a good role model. You are the most powerful example in your child's life. Let your child observe your own relationships, especially those that are long-standing - from junior high or your college days. Talk about your friendships openly - the good times and the not-so-good times, the ups and the downs. Your child should know that putting effort into relationships is what contributes to their value and longevity. Our children spend many unsupervised hours away from home, and inevitably they leave the family. Learning how to choose good friends and how to nurture friendships is an important part of growing up. These skills can make coping with life's hardships a lot easier when they occur.

Put It Into Practice Talk to your child about her friendships. Ask her whether she and her friends treat each other with respect. Talk to her about how she can approach a friend when things aren't going well but she wants to keep the friendship.

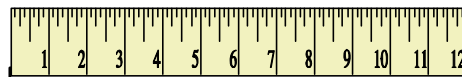


HOW TO ENCOURAGE YOUR STUDENT TO DO THEIR BEST

"Encouraging your student to their best isn't as hard as you may think. It does take time and effort, but it should become part of a daily routine that both you and your child can enjoy more than dread.

Here's How:

1. Talk to your child about school. Know what classes he/she is taking, what does your child think of the teacher and/or ask what they are learning. This is excellent dinner table conversation if you can keep it light and positive.
2. Set the expectations. Adolescents need a clear map of what you want them to do. You would not do them any favors by not telling them what grades you will be expecting. Send a clear message to your child about the grades you expect to see in each class. Set consequences for poor grades as well as rewards for good grades. Keep your expectations in line with what your child feels they can do.
3. Help them establish goals. While your child will need to keep their goals in line with your expectations, they may have a goal that they feel is important too. Learning to establish goals teaches independence, one of the things your child needs to learn to become a successful adult.
4. Have what they need at home, or a way to get it. Resources are important for students. Your family should have a library card and a way to access the internet for homework. Without these things, your child could be at a disadvantage. It is also a good idea to set up a homework center.
5. Stay involved. Show support by attending parent/teacher conferences and other activities. Sign up for the school's online grade reports and have a list of their teacher's emails. Always be respectful to their teachers but do not be afraid to ask them tough questions. Be your child's advocate when necessary.
6. Set a good example and show them your love of learning. Modeling active behaviors like reading or taking classes shows them that school is just the beginning and gaining knowledge should be enjoyed.
7. Praise them for a job well done."



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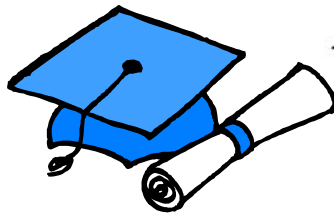
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CBTS PROCTOR TRAINING
Wednesday, September 15, 2010
5:30 p.m.

Topic: Abuse & Neglect

This is a mandatory training requirement per our new contract. All proctor parents are strongly encouraged to be in attendance.



Ten Ways to Keep your Kids from Getting Those Annoying Diplomas

"Education is not preparation for life; education is life itself."

John Dewey

"Education is the key to unlock the golden door of freedom."

George Washington Carver

"He who opens a school door, closes a prison."

Victor Hugo

1. Don't graduate yourself.

(It's a proven fact that your kids have a greater chance of not graduating, if you don't bother to graduate yourself.)

2. Save money. Ban all library cards. Otherwise you might end up getting a library fine.

(Eliminate the problem before it gets started. Instead of risking the chance of a library fine, tell your kids that books are not their friends.)

3. Criticize (in front of your kids) friends, neighbors, and family members that waste "all that time" studying.

(Keep your compliments and congratulations to yourself.)

4. Remark to your kids that hanging out in front of 7-11 really has its benefits.

(Spare your kids the headaches that come with academic competition.)

5. Forget you picked your own major. If your kids somehow make it to college, force your kids into signing up for a major that you like, but they don't.

(Push, don't guide, that encourages flatline goals in a child.)

6. Always reset their alarm to noon, remembering that they need their rest.

(Wouldn't want to disturb the Prince or Sleeping Beauty before their time...)

7. Charge your kids tolls for use of the computer to do research.

(Make it financially unprofitable for your child to study.)

8. Replace the pictures of those who have graduated in your family with pictures of Larry, Moe, and Curly.

(It's a long standing tradition and who will want to break it?)

9. Tell your kids that they can either have \$100,000 in cash or that you will pay for their college education. It's their choice.

(After all, they are 18.)

10. Go to college when you want to go. Why waste your youth cramped up with boring people?

(Why waste the best years of your life preparing to make ten times the amount those that don't go to college earn in a lifetime?)



Why is it Important to do Homework?

I asked my parents the same question, why is it important to do homework? After all, I always pass the tests, and it's unfair for them to send us home with work after spending a long day at school. Homework in public schools is unfair! Now it's our turn as effective parents to answer the question, and frankly, I don't have a good answer, except that doing your homework shows that you can follow directions and complete tasks on your own, and yes, grown ups do have to take their work home with them sometimes from the office. So when your kids whine about that, you have the answer. Homework is a fact of life.

The best way to get your child to do their homework is to tell them that you realize that it isn't the fairest way to spend the evening, but that it is just part of their job. The parent's job is to go to work and the kid's job is to go to school and that's how the family works. If you act like it is a chore that must be accomplished, kids will usually rebel, so let them know that is part of what has to be done. You can also find something they like as a reward for completing their homework, too.

Forcing them to do their homework isn't productive, there has to be a payoff. You have a payoff for completing your day at the office, twice a month you get a paycheck. If you think of it in those terms it will be easier to inspire your kids to complete assignments. They need to have a payoff. In fact, when you think about it, everything we do has some sort of payoff; why should completing homework be any different.

But how to figure the payoff? Smart parents know that threatening doesn't work, nor does taking away something for not completing homework. This is called negative reinforcement and it only causes rebellion. Think of how you were as a kid...

So there are a few things you can do to make homework more bearable. The first thing is to set up homework as part of the coming home from school routine. The school day isn't over until the homework is complete, so provide a quiet space for your child with no distractions and let them know that as soon as they come home they need to do their homework. It's non-negotiable.

The worst thing you can do is stand over them. If they ask for help, great. If they don't want help, leave them alone. If you are concerned that the homework isn't getting done, talk to your child's teacher and find out the homework expectations, and then compare that to the amount of work your child has to do. Listen to any concerns your child has and try to help, but if they are at all competent they should be able to figure out the assignment with only a little help. If they are truly having trouble, discuss the situation with their teacher.

Why is it important to do homework? Because it's part of learning how to be an adult, like it or not.



SEPTEMBER EVENTS



- September 1** **International Folk Festival** **Sandy Amphitheater** **9400 So. 1300 E.**
8:00 - 10:00 p.m. **Songs & dancing from Russia, Poland, Mexico, Hawaii, etc.**
- September 5** **Wasatch Jugglers** **Trolley Square Amphitheater** **600 So. 700 E.**
3:30 - 6:30 p.m. **Learn how to juggle**
- September 4, 11, 18** **Holladay Harvest Festival** **4580 So. 2300 E.** **4-8:00 p.m.**
Children's art activities, arts & crafts, music, local produce
- September 7, 14, 21, 28** **Farmers Market** **7975 So. Redwood Road** **3:00 - 7:00 p.m.**
- September 13** **Family Night at the Skatepark** **10140 So. 700 E.** **7:00 - 9:00 p.m.**
Youth must be accompanied by an adult
- September 13** **Utah State Fair** **Free admission for anyone 12 and under**
(12 and over \$7.00)
- September 17** **Movie in the Park "Mamma Mia"** **Sandy Amphitheater** **9400 So.**
1300 E.
Starts at dusk **Bring your own chairs/blankets**
- September 18** **Heritage Festival** **90 E. 8720 So.** **11:00 a.m. - 1:00 p.m.**
Free food, entertainment, inflatables for the kids, car show
- September 22** **Fall Prevention Awareness Safety Fair** **10778 So. Redwood Road**
10:00 a.m. - 2:00 p.m. **Free screenings and resource booths**
- Entire Month** **Oktoberfest at Snowbird Ski Resort** **12:00 - 6:00 p.m.**

Assertive Parenting: Skills to Help You Become a Stronger Parent

Parents who wish to use assertive parenting can acquire the skill. It can be learned and will create a more peaceful family environment, reducing aggressive behaviors. Prospective parents often don't realize that parenting is a twenty-year plus commitment, demanding their best efforts even at those times when everyone is tired. Acting with care is close to impossible in such everyday situations. Be proactive by learning to say no, using humor, carrying out consequences, being honest, fostering self-esteem, managing parental stress, and exercising parental leadership. Assertive communication is often avoided because parents fear aggression, yet it usually prevents hostilities rather than causing anger and aggression.



It's OK to Say No It is sometimes believed that saying no too often can squelch a child's self-esteem, creativity, or confidence, yet the opposite is more often the case. There isn't any need for apology or guilt when "no" is needed. One of the most common pitfalls parents suffer is inexactness of language. When one means for a child to do something direct by telling, not asking. Adults don't have to be mean, just clear.



Use Humor Remember to carry the emotional first-aid kit of humor at all times. It will help the whole family through the rough spots of daily life. Parents can model the skill of not taking things too seriously. Educators suggest that modeling is one of the most effective methods of teaching.



Have a Plan for Consequences Think before speaking, and back up those words with firm, caring actions. Thinking through consequences can be done beforehand, when things are calm. Carrying out the consequences can be done in a matter of fact manner, expressing faith in the child's ability to come out ahead in the end. This allows the child to feel a sense of family as opposed to being at odds with the parents.



Be Honest with Children Don't lie to a child or promise what isn't in your power to deliver. Telling a child that the sun will be shining for a picnic is folly at best, and can destroy your child's faith in your integrity. Promising that another child will like him or her is another dangerous parent trap, causing more distress in the long run. Being honest about life's struggles teaches children to share feelings and deal with reality rather than deny or avoid it.



Structure Children's Behavior It is far better to tell a child clearly what is expected. Structure builds awareness and confidence in one's behavior. Teaching manners and social skills positions a child for social success and becoming an assertive adult.



Foster Self-Esteem Even your choice of rewards can help guide your children into the comfort of assertiveness. When children learn to feel proud of themselves, they have gained a life-long skill. Say, "Pat yourself on the back" to foster self-confidence. Do that more often than giving gifts and treats.



Exercise Parental Leadership Stand up courageously and be counted as a parent, not a buddy. Young people are in need of clear, positive leadership. They already have plenty of peers. Keep a journal of successes and challenges, and jot down strategies and solutions. Forgive yourself when you mess up. Visualize yourself as an assertive parent who can say no, use humor, calmly enforce consequences, be honest, encourage self-esteem, control parental stress, and exercise parental leadership. Assertive parenting can be both your finest joy and greatest challenge.