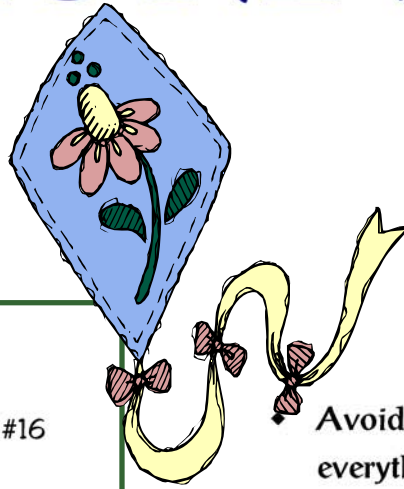




CBTS NEWSLETTER

March 2011



Reminders From Your Child

CBTS

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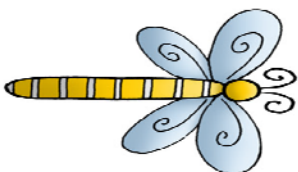
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- ◆ Avoid spoiling me. I know quite well that I don't need everything that I ask for, I am only testing you.
- ◆ Let me be silly sometimes. I know that it can be annoying, but I am having fun.
- ◆ Catch me being good. Just like you, I like to be told when I am doing good.
- ◆ Be the parent. There's no reason that I should have more control in this family than you.
- ◆ Encourage healthy habits. It's difficult to become physically fit when I am constantly sitting in front of the TV with a bag of chips and a soda.
- ◆ Involve yourself in my education - because if you don't care about it, then neither do I.
- ◆ Avoid bailing me out of trouble each time I make a mistake - sometimes I need to experience the pain of consequences.
- ◆ Sometimes it's difficult for me to express my feelings. Please try to understand my feelings instead of just reacting to them.
- ◆ Be approachable when I need someone to talk to. If you are not, then I will seek comfort in someone who is.
- ◆ Encourage me to join a team, organization, club, or activity. My self-esteem will improve and I will learn valuable life lessons.
- ◆ Be the best role-model that you can be. You may not be a sports hero or a rock star, but I look up to you and learn a lot from how you act and how you treat others.
- ◆ Love me. I know it's difficult at times, but I love you.





How Well Do You Know Your Child?



Do you think you really know your child? I don't mean know what he/she likes and doesn't like, but to know him/her well enough to understand his/her challenges, to appreciate his/her strengths and weaknesses and to help him/her develop his talents. Knowing your child can help increase their chance for success in the future and improve your relationship.

As parents, we are constantly looking for ways to improve our relationship with our children, discipline our children and provide proper guidance. How many of us take the time to get to really know our child? Some of us believe that our children are extensions of us and don't have their own thoughts, dreams and goals. When was the last time you sat down with your child to find out what they are thinking? The answers may surprise you. Children, especially during puberty, start to discover and develop their identity. They go through an emotional and psychological identity crisis and question and challenge their parents. At this point, children start to crave support and direction from their parents, but are not always compelled to ask for it. But how can you help your child, if you do not know their needs? Simple, ask them!

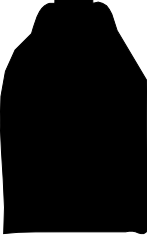
You are not a mind reader and your child probably will not voluntarily share his/her personal information with you. When you start to offer unsolicited advice, they feel that you are being intrusive or nosy and get defensive. There are two simple steps to getting to know your child. The first step is to listen more and speak less. Let your child direct the conversation and when they ask for your advice, offer it without being judgmental or critical. Lecturing and berating your child for poor judgment or unhealthy decisions will not help you to understand him/her more because you will not be getting to the core reason for the behavior. If you do not have the proper information, how can you give your child the support that he/she needs? By listening, you will be able to help your child understand how their choices and decisions affect their lives and direct them to making healthier and more responsible decisions. By being an active listener, you learn to acknowledge what your child is feeling and give your child the information and advice that he/she needs.

The second step is to ask the questions that will create meaningful conversation. The typical responses to "How was your day?" are "Good" or "Fine." Ask open ended questions instead of closed ended questions that result in one word responses. Ask specific rather than general questions that will stimulate your child to think. Show your child that you have a genuine interest in what is going on in his/her life. Don't force this process, let it come naturally and soon your child will respond. Ask casually and soon your child will start to volunteer the information. Find out who influences your child. Even ask tough questions such as, "How do you feel about our family?" The point is not to judge your child's responses, but to know what he/she is thinking or how he/she is feeling. Ask your child if he/she has any resolutions for this year. What was his/her biggest challenge or setback last year? Ask the questions without interrogating. Don't bombard them with questions or you may face resistance. Resolve today to spend a few minutes each day getting to know your child better. This is one of the most valuable gifts you can give to your child.

HOW "PLUGGED-IN" ARE YOU TO YOUR CHILD?

Answer the questions below then find out how "connected" you are to your child by comparing your answers to those of your child.

1. Without looking, could you describe what your child is wearing at this very moment (clothes, jewelry, shoes, etc.)?
2. What is the last movie your child saw in the theater? What was his or her opinion of the movie?
3. Name at least one item that you would find under your child's bed.
4. What topic is your child currently studying in (choose one) science, history, or social studies?
5. When was the last time your child cried? Why?
6. What would your child say he or she is most stressed about at this time?
7. What is your child's favorite subject in school?
8. If you gave your child \$20 right now, and 24 hours to spend it, how would he or she spend it?
9. What would your child say was the best moment of his or her life?
10. What is the LAST name of your child's best friend? What are the names of his or her parents?
11. What is your child's most prized possession?
12. How many pairs of shoes (all types) does your child own?
13. Name one item that your child always carries with him/her.
14. Name at least one unique physical marking on your child (a scar, birthmark, etc.)
15. What is your child's favorite pizza topping?
16. Name two foods that your child absolutely can't stand.
17. What color is your child's toothbrush?





CBTS PROCTOR TRAINING

Wednesday, March 16, 2011

5:30 p.m.

220 East 3900 South #16

Topic: Grief & Loss

Presenter: Kimberly Sorensen, LCSW

This training is for ALL CBTS proctor parents and is one of the required licensing topics.



GET REAL-YOUTH GROUP

A Free Anti-Violence and Anger Management Skills Class for Teens

Classes are held at Youth Services
Riverton Office
1262 West 12700 South

Tuesdays 5:30 - 7:30 p.m.
March 9 - April 26, 2011

For more information call
801-468-3830

This 8 week class covers social skills, positive interactions and problem solving



Save-A-Heart
CPR & First Aid Certification

Murray High School
(147 East 5440 South Choir Room)

Wednesday, March 9 6:00 - 9:00 p.m.

Saturday, March 19 9:00 a.m. - noon

Salt Lake City Library
(210 East 400 South)

Saturday, March 5 9:00 a.m. - noon

The first 1.5 hours is CPR training and the second 1.5 hours is First Aid. If you attend one of these courses make certain you let them know you are with CBTS and they will send us the invoice. All proctor parents must remain current in their CPR and First Aid certification in order to maintain their license.

STAYING CONNECTED

A Free Parent Support Group for Parents of Teens and Preteens

Classes are held at Youth Services
177 West Price Avenue (3610 South)

Thursdays 6:00 - 8:00 p.m.
March 10 - April 28, 2011

For more information call
Kari Allen at 801-269-7572

This 8 week course focuses on developing positive family management skills.

"The best inheritance a parent can give his children is a few minutes of his time each day."

O. A. Battista

"Stop trying to perfect your child, but keep trying to perfect your relationship with him."

Dr. Henker

"Communicating with kids, its a two way street, sometimes they just need us to be there for them & listen."

Kevin Heath

"Your children tell you casually years later what it would have killed you with worry to know at the time."

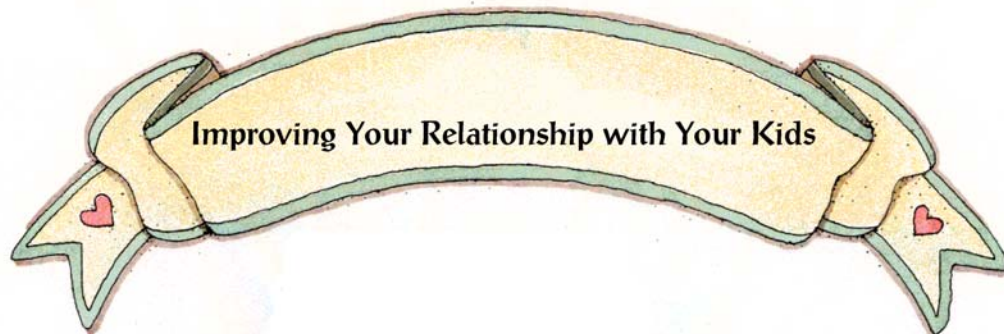
Mignon McLaughlin

THOUGHT PROVOKING QUESTIONS TO ASK YOUR CHILD

1. Which of your friends do you think I like the most? Why?
2. What consequence have I given you that you thought was really unfair? Why?
3. If you could change three things about yourself, what would they be?
4. What kind of lies do your friends tell their parents?
5. What do you think are the characteristics that make a good parent?
6. Do you think I lose my temper too often? If so, how often?
7. What is the most enjoyable thing we have done as a family?
8. Do I ever not notice that you are sad? What signs should I look for?
9. Do you believe in heaven? If so, what do you think it's like?
10. How do you describe me to your friends?
11. Is there anybody in history that you have read about that you would like to be? Why?
12. If you could trade lives with somebody you know, who would it be? Why?
13. What is your earliest memory?
14. What have you done that you are the most proud of?
15. What would you like me to do when you are upset?

FREE MARCH EVENTS

March 1 - 31	Gilgal Garden Tour Self guiding walking tour of the sculpture garden	8:00 a.m. - 8:00 p.m.	749 East 500 South
March 5, 12, 19, 26	Utah Museum of Fine Arts 1:00 - 4:00 p.m. Family art making festival	Art & Science Series	410 Campus Center Dr
March 12	St. Patrick's Day Parade at the Gateway 10:00 a.m.		400 West 200 North
March 17	Discovery Gateway Zoo, Arts & Park Day 10:00 a.m. - 6:00 p.m.		444 West 100 South



Life can be difficult when trying to balance family, work, friendships, transitions and everyday problems. Making time for your children is a challenging task. Knowing what to do with that time can be even more challenging. The following information is designed to assist you in establishing healthier parent/child relationships.

Quick Tips

- Connect with your children by asking them about their interests, activities, and hobbies.
- Be available to your children to listen, to answer questions and to offer positive support. Tell them that you are always there for them.
- Use "I" statements to express your own thoughts and feelings. (Example: I'm worried about the way you've changed lately)
- Ask open-ended questions that children can answer safely. (Example: What does it mean to color your hair green?)
- Consistent, fair treatment and logical consequences provide the best framework for getting along. Setting limits helps children feel more secure in the long run.



HAPPY "MARCH" BIRTHDAYS

Three ladies were discussing the travails of getting older. One said, "Sometimes I catch myself with a jar of mayonnaise in my hand, while standing in front of the refrigerator, and I can't remember whether I need to put it away, or start making a sandwich."

The second lady chimed in with, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down."

The third one responded, " Well, ladies, I'm glad I don't have that problem. Knock on wood," as she rapped her knuckles on the table, and then said, "That must be the door, I'll get it!"

Everything slows down with age, except the time it takes cake and ice cream to reach your hips.



TRUTHS FOR "MATURE" HUMANS

1. I think part of a best friend's job should be to immediately clear your computer history if you die.
2. Nothing sucks more than that moment during an argument when you realize you're wrong.
3. I totally take back all those times when I didn't want to nap when I was younger.
4. How in the world are you supposed to fold a fitted sheet?
5. Map Quest really needs to start their directions on #5. I'm pretty sure I know how to get out of my neighborhood.
6. I can't remember the last time I wasn't at least kind of tired.
7. Bad decisions make good stories.
8. You never know when it will strike, but there comes a moment at work when you know that you just aren't going to do anything productive for the rest of the day.
9. I disagree with Kay Jewelers. I would bet on any given Friday or Saturday night more kisses begin with Miller Lite than Kay.
10. I have a hard time deciphering the fine line between boredom and hunger.
11. How many times is it appropriate to say "What?" before you just nod and smile because you still don't hear or understand a word they said?
12. I keep some people's phone numbers in my phone just so I know not to answer when they call.
13. The first testicular guard, the "cup," was used in hockey in 1874 and the first helmet was used in 1974. That means it only took 100 years for men to realize that their brain is also important.