

CBTS NEWSLETTER

November 2011



Tips on Being a Positive Role Model to Your Kids

Self-Control

Your son or daughter will learn to respond to stress and disappointment by your example. Young kids learn a lot about how to act by watching their parents. Parents who behave aggressively are more likely to have children who behave aggressively, too. On the other hand, if you stay in control of your temper, your children will learn that yelling and acting out are unacceptable responses to frustration. Model self-control for your children by remaining calm and talking through a problem or by removing yourself from a potentially explosive situation until you have a better handle on your emotions.

Problem Solving

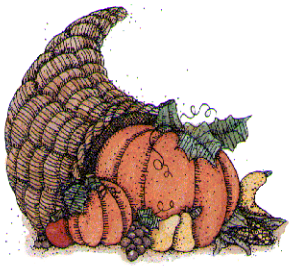
You may be tempted to solve the problems your children come to you with; however, if you always take over fixing things for them, they will never learn how to fix things themselves. Rather, they will learn that you will solve their problems for them. Not only does this behavior rob them of their accountability; it keeps them dependent on you. "Problem-solve with kids, rather than for them. Model effective problem-solving skills for your children by discussing their concerns with them, allowing them to suggest possible solutions, evaluating with them the pros and cons of their suggestions and supporting their final decision.

Self-Esteem

How you view yourself is another important aspect of being a positive role model for your son or daughter. If they see that mom and dad are happy with who they are, then they are more likely to be happy with who they are. Carefully monitor the messages you send your child about your self-esteem. If you want them to be confident, happy and optimistic about their life, they need to see those same qualities in you.

Helping Behaviors

A good role model demonstrates positive qualities through service and helpful behaviors. Your children are more likely to integrate positive qualities into their personality if they observe those same qualities in you. Model the traits you wish to cultivate in your kids: respect, friendliness, honesty, kindness, and tolerance. Set an example of compassion and selflessness for your child by engaging in compassionate service yourself.



Be A Positive Role Model For Your Teen

Your teenager is watching you and learning how to behave like an adult based on your actions. Are you an ethical, tolerant and mature role model for them? In this stage between childhood and adulthood, your teen may appear to be a responsible young adult one minute and an immature rebellious child the next. They still look to you for protection and guidance, even when they won't admit it and a rational, calm and loving parent can influence their daily choices considerably.

Teens encounter a barrage of choices everyday. As a parent, you can tell them what to do in an authoritative manner (which will likely be met with anger and rebellion), you can hope they will make the choices you want them to make, or you can model the behavior you would like to see your child develop from the start. The best way to teach your teen positive habits and ethical behavior is to show them. Here are some general ideas and topics to think about and evaluate.

- ♦ **Health:** It is ideal for teens to see you taking good care of yourself. Let them see you taking responsibility for your health and fitness levels. This means a healthy diet and exercise and a positive attitude and self-image. Negative comments about anyone's weight or appearance can deeply influence how your child feels about their own body. Obviously, avoid improper use of alcohol, and any use of tobacco or illegal drugs.
- ♦ **Stress Management:** If you can't handle the stress of having a teenager, how can you expect your child to handle the stress of being a teenager? Find ways to manage your own stress levels and share them with your teen, or at least let them see you making the effort!
- ♦ **Conflict:** When handling conflicts within the family and in the world at large, be fair, honest and control your temper. Take responsibility for any part you may have played in the conflict. Say you are sorry if you were wrong. Avoid yelling and screaming, as this will simply encourage your teen to handle difficult situations in a similar manner. Remaining calm through a difficult situation will limit the stress and intensity your teen feels and help them learn to control their emotions.
- ♦ **Tolerance:** Your teenager will take note of how you treat others. Go out of your way to be kind and compassionate. Using negative, derogatory or critical words in reference to other people will encourage the idea that it is okay to be disrespectful.
- ♦ **Service:** Help others. You can do this on your own or together. Find a community service project for yourself. Opportunities are available to give of your time in a manner that you will enjoy. Most teens feel passionately about something, whether it is animal rights, the environment, feeding the homeless or teaching children to read. Community service is a positive way to spend time with your teen and will help take the focus off of the me, me, me mentality that is so common in our culture. Contributing your time to help someone else will be a fulfilling experience for both of you.
- ♦ **Learning:** Make learning new things a daily adventure. Maintain a positive attitude about value of education. Continue to learn about new things for yourself, enabling them to see the value of lifelong learning.
- ♦ **Listening:** Listen to your teen and try to reflect back to them their emotions. For example responding with "that must be disappointing" when they have expressed just that. This will let them know that you are actively listening and understand how they are feeling. Sometimes that is all they are looking for from you. Don't follow up with a lecture! This will show them how to be a good listener and build communication skills.



"Don't worry that children never listen to you. Worry that they are always watching you."

Robert Fulghum

Gratitude Is An Attitude

As a nation we'll soon be celebrating a day dedicated to giving thanks. Saying thank you is a social ritual that we all learn, but that's not the same as gratitude. People can be polite without feeling a deep appreciation for life and all of its possibilities. On the other hand, people who have suffered and overcome impossible obstacles in order to survive, are often the most grateful of all. Some people only become more grateful as they get older, learning to savor and cherish every minute of life.

Without waiting for them to suffer and overcome obstacles and without waiting for them to grow old, how do we teach gratitude to young children? Clearly, gratitude is an attitude, a feeling about life - a positive feeling about life. A positive feeling toward life may come, in part, from the child's in-born temperament. Some children seem to be born thankful and happy to be alive. A child's negative attitude can be counter-acted by teaching the child to think in positive ways. Dr. Christine Carter outlines *Three Steps on How to Practice Gratitude with Your Children*:

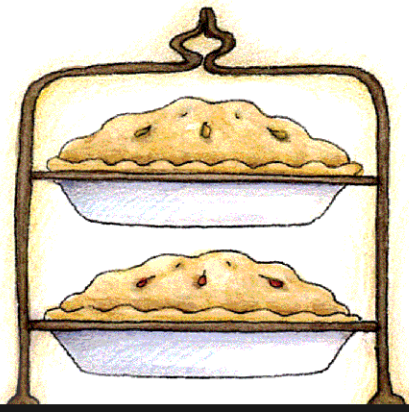
1. **Keep a Family Gratitude Journal.** This can be a daily or weekly journal. If the child is young and can't write have them dictate to you. Make Gratitude lists and post them on the refrigerator
2. **Write a Gratitude Letter or note.** Write letters or cards to friends, teacher, clergy, coaches, or family members telling them how much you appreciate them, Thank you cards are another opportunity
3. **Ask children to tell you three good things about their day.** This can be done at the dinner table or before going to bed at night

Thanksgiving is a wonderful opportunity to role model for children acts of gratitude and thankfulness. We often have to remind ourselves that we can teach our children gratitude, but the most crucial part of teaching is role-modeling for our children our actions of gratitude. Unfortunately, as with so many parenting issues, we are forced to take a look at ourselves. Are you a grateful person? Are you deeply thankful for your children, spouse, family, work and community? Do you get up everyday, look around and think about how lucky and blessed you are? Do you ever look into the eyes of those you love and think of what life would be like without them? We've all heard this before from various sources, but have you thought about it in terms of the role model that you are providing for your child's present and future happiness?

If gratitude is already your attitude, be sure to pass it on to your child. Point out to your child the small wonders that surround him and how thankful you feel for them. If you are not a grateful person, find out why. You're not just depriving yourself of joy, you're failing to teach your child the most profound lessons of life. In the spirit of the Thanksgiving Holiday Season make this the perfect month to make Gratitude Your Attitude.

Role modeling is the most basic responsibility of parents. Parents are handing life's scripts to their children, scripts that in all likelihood will be acted out for the rest of the children's lives.

Stephen R. Covey



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CBTS PROCTOR TRAINING

Wednesday, November 16, 2011

5:30 p.m.

Topic: To Be Announced

CPR/FIRST AID CERTIFICATION

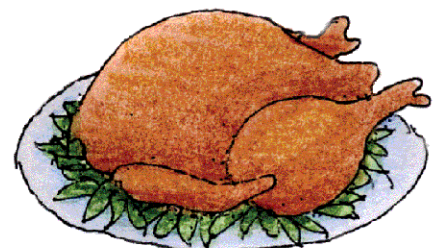
Murray High School
147 East 5440 South

Saturday, November 12 9:00 a.m. -
12:00

SLC Main Library
210 East 400 South Room A or C

Thursday, November 17 6:00 - 9:00 p.m.
Saturday, November 26 9:00 a.m. -
12:00

Contact Save-A-Heart at 1-888-582-7114 for additional information. If you attend one of these courses make certain you let them know you are with CBTS. They will send the



SURVIVING THANKSGIVING

If your family doesn't seem to know how to talk without getting into arguments or if you're not the most socially adept person yourself, give yourself some help by introducing *The Conversation Game*. Announce at the beginning of the meal that you want to use the gathering as a time to get to know each other better. Ask everyone to indulge you by playing the game for at least part of the meal. Hopefully, people will like this change in family dynamics enough to want to keep it going.

The Conversation Game - This is a game the whole family can play. Make up a stack of cards with discussion starters on them. Brainstorm "starters" that will make people reminisce or laugh. Make sure to include cards that appeal to all ages. Some ideas are listed below. To play the game, ask the person to your right to pick a card and read it. Each person at the table gets to answer. It's fine for someone to "pass" if they don't have something to say. After everyone has had a turn to respond, the deck gets passed to the next person to choose a card. And so on –

Sample starters:

- ◆ What song brings up the happiest memories for you?
- ◆ If you were given a thousand dollars with the rule that you couldn't spend it on yourself, what would you do with it?
- ◆ What was the best day of your life so far?
- ◆ If you could change places with a celebrity, who would it be and why?
- ◆ If you could go to a fancy restaurant and price were no object, where would you go and what would you order?
- ◆ What is the best way to cheer you up when you're down?
- ◆ What is the one thing you've done in your life that you are proudest of?
- ◆ What was your favorite childhood game or toy? (For kids – What is it now?)
- ◆ If you formed a band, what would you name it? What kind of music would you play?
- ◆ If you had the choice of a day: Would you rather choose a day 10 years ago or a day 10 years from now? Why?
- ◆ If you could have one superpower, what would it be?
- ◆ If you could live somewhere else for a year, where would you go?
- ◆ If you knew you were going to spend a year in a science station in Antarctica, what 3 things would you most want to take with you to do when you weren't working?
- ◆ When you were a child, what did you want to be when you grew up? Do you remember why? (For kids: What do you think you'd like to be and why?)
- ◆ What do you really hope someone will invent soon?
- ◆ Which would you rather be: A famous athlete, a great singer, or an important politician? Why?



"There. Now it's halftime. What do you say we all go to the table and have a nice, quiet Thanksgiving dinner."



Thanks to his new pop-out fullness indicator, Andy was able to leave the Thanksgiving table satisfied, not stuffed.

TIPS FOR YOUTH DURING THE HOLIDAYS



FAMILY

Stay connected to family and friends

Purchase or make cards to send out to family and friends during the holidays. It's a great time to create or update your address book. Make phone calls to friends from an old neighborhood or to previous foster/proctor families.

Write on it

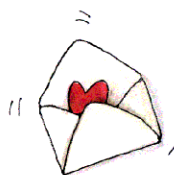
If you like to write, keep a daily journal for the holiday season. Use your writing as a way to vent feelings, work through anxiety and worries, and to reflect on the true meaning of the holidays. Some find it helpful to write "letters", even if they will never be sent, to loved ones you are missing or who have passed away.

You'll make it

Everyone appreciates a homemade gift. Consider making holiday ornaments, knitting scarves, or crafting bookmarks. Search the internet for ideas and instructions about making inexpensive holiday crafts. Most everyone loves homemade cookies or candies.

Be Yourself

Chances are you'll naturally be meeting and running into lots of people during the holiday season. The simplest things can connect you to someone, and one of the easiest places to get started is by being yourself and showing kindness. Compliments always make people feel special and recognized. Start by noticing something unusual or unique about the person. By pointing out something remarkable and singular, you can easily start up a conversation or make a new friend.



Lend a hand

Volunteering can unite people with similar values. Offer to help the Salvation Army or other local charities with their Christmas dinner for needy people. If you're uncertain where to start, ask your proctor parent, caseworker or a neighbor to help you research the possibilities (who knows — they may even join you!).

HOME

Speak up for visits

Let your foster parents and caseworker know how important visits are to you during the holidays. Do what you can to help arrange the visits, by being flexible with your schedule or helping to make the arrangements with those you wish to visit. Understand that the holidays can be a busy time for everyone, so you may need to "remind" proctor parents frequently to do what it takes to get a visit arranged.

Visit others who may feel alone

Older people in a retirement or nursing home may be away from loved ones during the holidays. Check with the home or a local hospital to find out if there are people who would enjoy having company during the holidays. Consider bringing a favorite holiday story to read aloud or load your iPod with a favorite Christmas song.

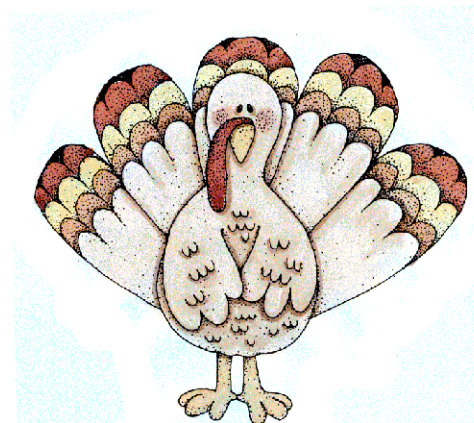




FREE NOVEMBER EVENTS



- November 1, 8, 15, 22, 29 Utah Museum of Natural History 1390 East Presidents Circle
9:30 a.m. - 8:00 p.m.
- November 2, 9, 16, 30 Utah Museum of Fine Arts 410 Campus Center Drive
- November 4 Taylorsville's Got Talent Taylorsville High School
5225 South Redwood Road 7:00 p.m.
- November 5 Community Health Fair Taylorsville High School
5225 South Redwood Road 10:00 a.m. - 2:00 p.m.
- November 11 UNight at the Gateway 400 West 200 South 6:00 - 7:00 p.m.
Celebrate the Utah Utes with the band, team members, cheerleaders
- November 11, 18, 25 Tracy Aviary Liberty Park 589 East 1300 South
- November 12 Family Art Day at Salt Lake Art Center 20 South West Temple
2:00 - 4:00 p.m.
- November 12 Crime Prevention Fair Valley Fair Mall 3610 South 2700 West
Home safety information, Child Identification Kits
- November 19 Light Up the Night at the Gateway 400 West 200 South
Holiday tree lighting ceremony, hot chocolate, cookies, Santa
- November 25 Christmas Lighting Ceremony at Temple Square
- November 28 Living Planet Aquarium 725 East 10600 South Sandy
- November 30 Hogle Zoo 2600 Sunnyside Avenue



HAPPY THANKSGIVING

This year we're having a
Stress-Free Thanksgiving dinner.
I stuffed the turkey with prozac.



The only difference between
a plague of locusts and my
relatives is that the locusts
don't hang around
watching TV after the
food is gone.



Thanksgiving Wish

May your stuffing be tasty

May your turkey plump,

May your potatoes and gravy

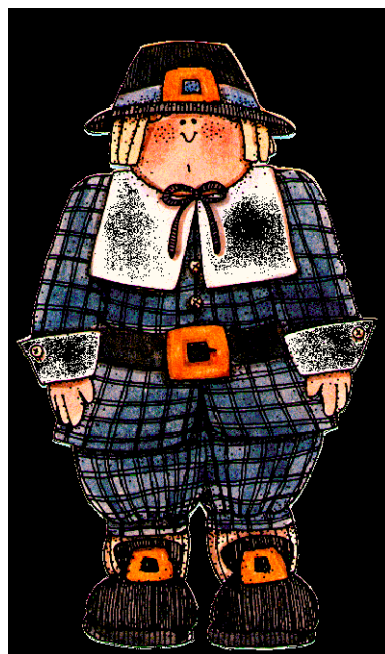
Have nary a lump.

May your yams be delicious

And your pies take the prize,

And may your Thanksgiving
dinner

Stay off your thighs!



An optimist is a person
who starts a new diet
on Thanksgiving Day.

Thanksgiving is an
emotional holiday. People
travel thousands of miles
to be with people they only
see once a year. And then
discover once a year is way
too often.