



EBTS NEWSLETTER

April 2008

10 WAYS TO SEND A CLEAR MESSAGE TO YOUR TEENAGER

"A sure-fire way of inviting problems into your relationship with your teenager is by sending mixed or unclear messages. Clear communication is an absolute must if you want to have a bonding relationship with your teenager. It helps build a foundation of trust, foster a healthy self-esteem, encourages positive behavior, and helps tone down frustration and stress in a family. While many parents feel it is close to impossible to have a conversation with a teenager, there are ways. Try these tips to get, and keep, the conversation rolling in your home.

1. Use your active listening skills and watch out for door slammers.
2. Talk often about your teen to bring out positive opinions, ideas, and behaviors by using an affirmative tone and body language.
3. Treat your teenager with the same respect you would have them treat you.
4. Your tone of voice is extremely important. Yelling simply doesn't work. The loud noise will shut down the listener (your teen) and you will not get through. If you feel the need to yell, 'time out' of the conversation until you have better control.
5. Be precise and detailed about what you expect. Write it down if you feel there is a need.
6. If you're giving your teenager instructions, write them down. It's a fail-safe for teens and adults. This way they will remember what they are expected to do and you can feel sure that you 'told' them correctly.
7. Do things together one-on-one and with the whole family. Good times often bring about great conversations and wonderful memories
8. 'Do as I say, not as I do' doesn't work. Modeling is the best way of learning. You are your teenager's model and they will emulate your behaviors.
9. Never shut your teen out to show that you disapprove of their behavior. If you need time before you can talk to them about something that has upset you, tell them that you need time. Don't walk away silent.
10. 'Because I said so' actually works when you are being pulled into a power struggle in discipline situations. You are the parent, and because of this, you do have the final say. Teenagers know this and trust you because of it. But do try to explain your reasoning whenever possible."

Examples of Door Slammers

- ◆ "You are too young to understand."
- ◆ "That's none of your business."
- ◆ "I don't care what your friends are doing."
- ◆ "Why are you asking me that?"
- ◆ "You don't need to know about that."
- ◆ "Don't come to me if you mess up."

Examples of Door Openers

- ◆ "What do you think?"
- ◆ "That's a good question."
- ◆ "That sounds important to
- ◆ "Do you want to talk about it?"
- ◆ "I'm interested in what you are saying."
- ◆ "I don't know, but I'll find out."



SAVE-A-HEART CPR/FIRST AID SCHEDULE

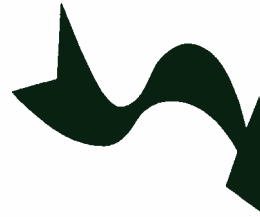
West Jordan Library (1970 W. 7800 S.)
Wednesday, April 16 5:30 p.m.

Sprague City Library (1100 E. 2131 S.)
Monday, April 28 5:30 p.m.

Anderson/Foothill Library (1135 S. 2100 E.)
Saturday, April 5 10:15 a.m.

Sandy Library (10075 S. 1350 E.)
Saturday, April 26 10:15 a.m.

Let them know you are with CBTS when you attend a class.
They will send us the invoice. For more information call 582-7114



F.Y.I.



CBTS PROCTOR TRAINING

Wednesday, April 16, 2008
6:30 p.m.
220 East 3900 South #16

Topic: Cultural Diversity

For ALL CBTS proctor parents

We are experiencing an increase in the number of youth spending time at the CBTS office due to individual, family and group therapy and treatment team meetings being held here. We would appreciate it if you would encourage your youth to:

- ♦ arrive for their scheduled appointments no more than 15 minutes early if at all possible
- ♦ bring homework, a book to read, a project to work on, etc. if they must be here longer
- ♦ remind them that this is a business office and that they need to be respectful and courteous of others both in and outside of CBTS

ONE-LINERS

Kids seem to have a repertoire of “hooks” they use to get their parents to argue with them. Here are some *Love and Logic One-Liners* that will get parents off the hook and cause children to do more of the thinking.

Remember: The “one-liners” are only effective when said with genuine compassion and understanding. These are never intended to be flippant remarks that discount the feelings of the child. If an adult uses these responses to try to get the better of a child, the problem will only become worse. The adult’s own attitude at these times is crucial to success.

“Probably so.”

“I know.”

“Nice try.”

“I bet it feels that way.”

“What do you think you’re going to do.”

“I don’t know. What do you think?”

“Bummer. How sad.”

“Thanks for sharing that.”

“Don’t worry about it now.”

“That’s an option.”

“I bet that’s true.”

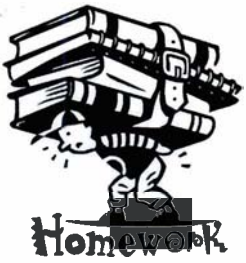
“Maybe you’ll like what we have for the next meal better.”

“What do you think I think about that?”

“I’m not sure how to react to that. I’ll have to get back to you on it.”

“I’ll let you know what will work for me.”

“I’ll love you wherever you live.”



HOMWORK HELP

Audrey is available to assist youth with their homework on Monday and Thursday from 3:00 - 5:00 p.m. and on Wednesday from 3:00 - 4:30 p.m. They can either call her (268-4044) and set up an appointment or stop by during those times.

JOB HUNTING

Audrey is available to assist youth with:

- ◆ filling out a resume
- ◆ picking up job applications
- ◆ filling out and turning in applications
- ◆ interviewing skills



Youth needing assistance can call her and schedule an appointment.

CBTS

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Audrey Cooley, Intern
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PROCTOR PARENTS NEEDED

Individuals, couples and/or families

Let Lori or Anna know if you have a referral for a prospective proctor parent. If they complete the necessary requirements you will receive a \$100.00 bonus check.

