



Parenting with Purpose

"One of the most important and exciting decisions you can make as a parent is to define success goals for your child. Success goals are tools that serve as guidance systems for parents and their children. Much like the navigational system in a car that keeps you on track to your favorite spot, success goals help you get where you want to go and make the trip a whole lot more fun. Raising children isn't just a job, it's an adventure.

Choosing, communicating and pursuing clear and age-appropriate goals for your child will give them a sense of purpose that brings them the experience of mastering their world as they achieve the designated benchmarks in their life. It will also bond you and your child, bringing you together and energizing you both. Everyone loves success. One of the ultimate measures of your success in life will be how good a job you do in raising your children. That's not a burden or some cross to bear. There is nothing in this world like seeing your children successfully take their first steps, discover their talents and thrive at something that fulfills them.

If you were headed somewhere important like a hospital when your child was gravely ill, you wouldn't just get into the car and start randomly driving around in hopes that you would run into a doctor or a hospital. What kind of parent would take a chance like that? That is the same situation you are in now as you are confronted with raising your children. You've got to have a plan that will help guide you through all of the distractions and temptations and general messiness of life. A successful parent helps children find their unique gifts and talents. This may mean that you'll have to sit through recitals and soccer games and muster enthusiasm for their interests. But I guarantee that along the way you will laugh and experience closeness to your child that will last a

I just want my children to be happy. Happiness is an emotional state. It's weather, with your hormones or your emotional state, I advise you to strap

"Children are one third of our population and all of our future."

Panel for the Promotion of Child Health

lifetime. happy.' I hear this all the time from parents. not a goal. Emotional states change with the bank balance. If you base your goals on yourself in and keep your arms and elbows inside the roller-coaster car because you are in for one scary ride. And so is your child. How do you define 'happiness' anyway? Is it a warm and fuzzy feeling? A satisfying feeling of a job well done? These are all good experiences to have, but they are not specific enough to define success in your child's life. You can't use something so ambiguous as a goal for your child.

Loving parents choose to take responsibility for their child's direction in life. You must determine both the path and the destination for the adult you are raising, or prepare yourself to deal with potentially disastrous consequences down the road. As you learn more about your child, as your child learns more about himself or herself, you become partners in defining success in life—and in designing the plans for pursuing it. Until then it is your job and you need to do it."



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Most adults have a basic grasp of goal-setting, but sometimes they need ways to measure and monitor their child's progress. This audit has been designed to stimulate your thinking about the goals you want to set for your child. Take a minute to see where you are and where you need to be. Circle one of the two descriptions from each row:

Your goal is trying to deal with each crisis as it happens.

You are achieving at least one step toward a goal every day.

You feel that you are happy if the kids don't create a crisis today.

You feel some accomplishment if you can see some steps toward a goal, even if there is a crisis, because there are times when crisis serves a step.

You want your children just to be quiet and accept your rules with no question.

You encourage your child to ask questions, even if they challenge your ideas.

Your motto is "Children should be seen but not heard."

Your motto is "Children grow into life by being respect & acknowledged.

You have not defined what your goals for your child are, other than to get them through their teens without drugs, pregnancy or flunking out of school.

You have definite goals for your child, such as learning empathy, finding resources & personal goals or working toward discovering skills for success.

Your usual goal for the day is to have the child complete their assigned tasks & stay out of your way.

Your usual goal for the day is to see some learning in your child about themselves that promotes better understanding of abilities or insight.

If you circled ANY of the items on the left, decide now to develop a plan with specific goals. For each item you circled on the left, add 10 percent to the probability that you will have major problems with your child by the age of 17. The items on the left are descriptive of those behaviors that do not immediately & deliberately lead to goals of success for your children. Those on the right confirm that you are on course toward your goals.



We had a fun time at the barbeque in July. Thank you to everyone who attended and brought such delicious food. We also greatly appreciate Alisha, Jesse and Lizz for sharing their talents with us. Everyone was EXTREMELY impressed with the level of their talent. Next year we expect some of the proctors to share their talents with us also - so get practicing!



The following poem was written by Alisha and was shared during the talent show.

*For every girl who is tired of acting weak when she is strong,
There is a boy tired of appearing strong when he feels vulnerable.*

*For every boy who is burdened with the constant expectation of knowing everything,
There is a girl tired of people not trusting her intelligence.*

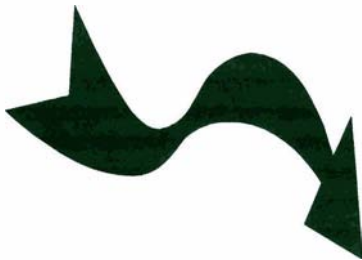
*For every girl who is tired of being called over-sensitive,
There is a boy who fears to be gentle, to weep.*

*For every boy for whom competition is the only way to prove his masculinity,
There is a girl who is called unfeminine when she competes.*

*For every girl who throws out her E-Z-Bake oven,
There is a boy who wishes to find one.*

*For every boy struggling not to let advertising dictate his desires,
There is a girl facing the ad industry's attacks on her self-esteem.*

*For every girl who takes a step toward her liberation,
There is a boy who finds the way to freedom a little easier.*



CBTS PROCTOR TRAINING

Wednesday, August 13, 2008

6:30 p.m.

220 E. 3900 So.

Presenter: Tiffany Brown with the Jason Foundation

Topic: Youth Suicide

*This will be an extremely informative and important training.
Please plan on attending. Youth are not to attend.*

SUGGESTIONS/ACTIVITIES FOR STRENGTHENING YOUR FAMILY

DINNERTIME SHUFFLE

LET EVERYONE SIT IN SOMEONE ELSE'S PLACE AT THE DINNER TABLE AND ACT LIKE THAT PERSON. BE PREPARED FOR AN INTERESTING MEAL! ONE PSYCHOLOGIST WHO ACTUALLY DID THIS IN HIS FAMILY SAID HE COULD HAVE WRITTEN SOME NEW CASE STUDIES WITH HIS FAMILY AS SUBJECTS. HE SAW HIMSELF IN A COMPLETELY DIFFERENT LIGHT THROUGH THE EYES, CONVERSATION, AND ACTIONS OF HIS DAUGHTER WHO SAT IN HIS PLACE AT THE DINNER TABLE.

FAMILY APPRECIATION NIGHT

GIVE EACH PERSON A CARD AND PENCIL. FOR YOUNGER FAMILY MEMBERS WHO AREN'T OLD ENOUGH TO WRITE, ORAL ANSWERS WILL BE FINE. HAVE EACH FAMILY MEMBER WRITE DOWN ONE THING HE OR SHE APPRECIATES ABOUT EACH PERSON IN THE FAMILY. THEN TAKE TURNS IN SHARING YOUR INSIGHTS WITH EACH OTHER. TWO KICKOFF QUESTIONS YOU CAN USE ARE:

- ◆ WHAT IS THE GREATEST STRENGTH I BRING TO OUR FAMILY?
- ◆ WHAT IS THE ONE THING I LIKE BEST ABOUT OUR FAMILY?



8 Tips for Quality Family Meals

1. Aim for 3 or more meals a week. Children who eat with their family 3 times or more a week do better in school. Children value meal times with their family.
2. Make family meals a priority. Adults can make family meals a priority and expect children and adults to eat together. They may complain at first, but if meals are pleasant, children will begin to value the time together.
3. Keep a sense of humor and laugh a lot. It's not 'what' but 'how' you feed your family that counts. Simple foods served with love and laughter will outshine gourmet food.
4. Cook it quick but eat it slow. Though you may hurry when preparing a meal, allow ample time to enjoy the meal and talk with each other.
5. Work toward happy, relaxing conversations at meals. Here are some conversation starters:
 - ◆ Describe something new you learned today.
 - ◆ Share a positive thing that happened today.
 - ◆ If you could invite a famous person to dinner who would you pick and why?
6. Shop for food and cook together. Grocery shopping and cooking together can be fun and promote family togetherness.
7. Take telephone calls later.
8. Turn the TV off. Encourage family members to relate to each other rather than an image on the TV.

Rules of Life for Teenagers

#1: Life is not fair. Get used to it. The average teenager uses the phrase 'it's not fair' 8.6 times a day.

#2: The real world won't care as much about your self-esteem as your school does. It will expect you to accomplish something before you feel good about yourself. This may come as a shock. Usually, when inflated self-esteem meets reality, kids complain that it's not fair (see rule #1).

#3: Sorry, you won't make \$40,000/year right out of high school.

#4: If you think your teacher is tough, wait until you get a boss. When you mess up, he's not going to ask you how you feel about it.

#5: Flipping burgers is not beneath your dignity. Your grandparents had another word for burger flipping. They called it opportunity.

#6: It's not your parents fault. If you mess up, you are responsible.

#7: Before you were born your parents weren't as boring as they are now. They got that way from paying your bills.

Rule #8: Life is not divided into semesters and you don't get summers off. Nor even Easter break. They expect you to show up every day - for eight hours. And you don't get a new life every 10 weeks. It just goes on and on.

Rule #9: Television is not real life. Your life is not a sitcom. Your problems will not be solved in 30 minutes, minus time for commercials.

Rule #10: Be nice to nerds. You may end up working for them.

These classifieds actually ran in newspapers

FREE PUPPIES:

1/2 Cocker Spaniel, 1/2 sneaky neighbor's dog.

FREE PUPPIES:

Mother - AKC German Shepherd.

Father - Super Dog...able to leap tall fences in a single bound.

NORDIC TRACK

\$300 Hardly used, call Chubby.

GEORGIA PEACHES

California grown - - 89 cents/lb.

JOINING NUDIST COLONY

Must sell washer and dryer - \$300.00

WEDDING DRESS FOR SALE

Worn once by mistake. Call Stephanie

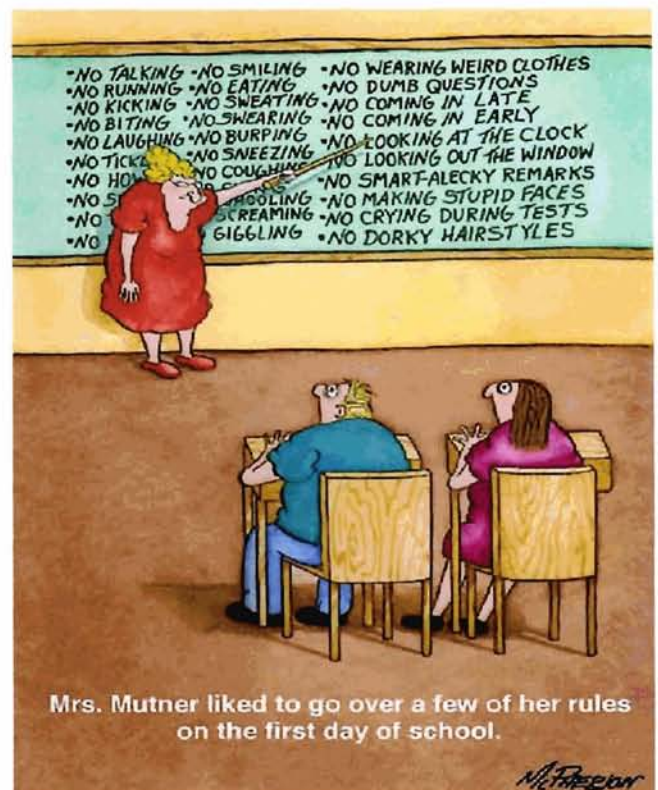
FOR SALE BY OWNER:

Complete set of Encyclopedia Britannica, 45 volumes.

Excellent condition. \$1000 or best offer.

No longer needed.

Got married last month. Wife knows everything.



Mrs. Mutner liked to go over a few of her rules on the first day of school.

Neil F. Johnson