



CBTS NEWSLETTER

February 2007

CONSISTENCY IN DISCIPLINE

"Consistency in **dealing** with children's behavior is recommended if you **want** to be an **effective** parent. Although no parent **can** expect to be perfectly consistent, some level of consistency is needed for children to learn the lessons of social life and feel **self-assured**. Children **learn** appropriate behavior easier when learning conditions **remain** constant. Parents should consider at **least** four aspects of consistent discipline.

Consistency from Situation to Situation

Results are predictable. Your predictable and consistent behavior gives **children** a sense of security. Children should not **have** to figure out what parents are going to do next. If rules are consistent, results of disobeying them will be predictable. Enforcement is **important**. The **importance** of a rule is learned by consistently having it enforced.

Consistency Between Parents

Set common rules. Parents should agree on how to discipline their children. To become **reliable** to children, both parents must be consistent in dealing with similar situations. Disagreeing with each other over upbringing **can** create a confusing **situation** for children. To **avoid** this type of **situation**, disagreements are best resolved when children are absent. Inconsistency **causes** children to **play** one parent **against** the other.

Consistency Between Command and Example

When **teaching** good behavior, parents should "practice **what** they preach." Children learn values and **beliefs** more by **examples** adults set then by verbal instructions.

Consistency Between Verbal and Nonverbal Messages

Frequently the message a parent sends is not the **message** the child receives. Mixed or double **messages** leave a child **confused**. The boy who said to **his** mother, "Your mouth **says** you love me, but your eyes say you don't" received a mixed message.

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Your proctor child has moved in, is settled into their room, and is learning your home rules. Now comes the time that many proctor parents worry the most about...meeting the child's birth parents. For the sake of all concerned, it is very important for the proctor parents and the child's birth parents to form a working relationship. This relationship will help everyone involved on the team to work the family back together.

First Steps

Be on time. Always have the child at their visits or treatment team meetings on time. Do not short the parent's visit time with your lateness.

Ask Questions

Children's parents know them better than anyone, and everyone likes to talk about their children. Questions to ask could include:

- Is the child allergic to anything?
- What are some of their favorite foods?
- What are some of their favorite things to do?
- What are some of their fears?

By asking them about their child, you will begin to form an important relationship between the parents and yourself.

Remember to trust your instincts. If the parents don't seem open to communication with you at this time, don't push it. They are dealing with a lot of stress and **worry**. Over time, you and the parents will have more opportunities to meet and form a working relationship.

Tell them about you and your family

Don't be afraid to introduce yourself. Allow them time to ask you questions. But, be prepared for rudeness, anger and distance. Remember that they have just been through a traumatic time in their lives with the removal of their children.

Prepare the children

Have the child prepared for the visit. Will it take **place** during dinner? If so, is it your responsibility or the parents to make sure that **the** child is fed? Detail where you are meeting their parents and how long the visit will be. Consider buying a calendar and placing stickers or circling days of future visits.

Above **all**, the best bet in forming a connection with the child's parents is through the use of kindness and understanding. Leave judging to the courts."

FOSTERING THE WHOLE FAMILY

"When doing proctor care, we are given many opportunities to gain a connection to the child's family. How we choose to use these opportunities makes the difference between fostering a child and fostering a family.

Remember that grandparents, aunts, uncles and other family members are experiencing a great loss, as well. They often do not get the visitation time that parents get. Listen to what they have to say. Take time with extended family members to jot down family history information.

Remember that the goal of being a proctor parent is almost always reunification of the family. In most cases, this is best for all involved. By fostering these connections with the parents and building a relationship of trust, proctor parents begin to mentor a whole family instead of fostering one child. Parents may then be willing to ask of you, the proctor parents, parenting questions or advice. And, when the child goes home, the parents will have you as another resource to lean upon while they work to rebuild their lives. Your efforts to foster the whole family and build trust, will give the child the opportunity to have several people in **his/her** life that care."

CBTS PROCTOR TRAINING

Wednesday, February 21, 2007

6:30 p.m.

5482 South Tropicana Drive (3350 West)
Taylorsde

Topic: **Working with Biological Families**

Presenter: Tanya Lang



We are **starting** a new way of holding proctor **trainings**. We would like to rotate meetings at various proctor parents homes. **Candie** Wright has offered to hold this meeting at her home. There will **also** be a potluck dinner. Please contact Lori at the office and let her know what you will be **bringing**. We **also** need a list of proctors who would be willing to hold a meeting in their home. Also, **just as** a reminder...

ATTENDING PROCTOR TRAINING IS NOT OPTIONAL—YOU MUST HAVE 30 HOURS/YEAR OF TRAINING IN ORDER TO MAINTAIN YOUR PROCTOR LICENSE.

DCFS TRAINING

Proctors **providing** services for DCFS youth are **required** to participate in a 12 hour training. We have arranged to have these trainings held **in** the evening **in** order to better fit your schedules.

The next session of **trainings** will be held on the following **days**:

Tuesday, March 6	6:00 - 9:00 p.m.
Thursday, March 8	6:00 - 9:00 p.m.
Tuesday, March 20	6:00 - 9:00 p.m.
Thursday, March 22	6:00 - 9:00 p.m.

They will be held at the RISE facility located at 7575 South 900 East **in** Midvale.

This is a mandatory training that ALL proctors **working** with DCFS youth **must** receive. **Please** contact Lori as soon as possible to sign up to attend **this** training.

POSITIVE PEER INFLUENCE

Helpful Hints

Tips that encourage your child to keep responsible friendships:

- ♥ Talk with your child **about** their friends. Ask questions to find out what they're like.
- ♥ Get to **know** your child's friends and their **families**. Point out what you like about them.
- ♥ Don't jump to conclusions based on what friends look like.
- ♥ Avoid criticizing friendships that seem negative to you but be honest when you're concerned about a **relationship**.

TALK TOGETHER

Questions to discuss with your child:

- ♥ What do you **like** most about your friends?
- ♥ How do your friends handle **conflict** when it **arises**?
- ♥ How do you feel when you're with your friends? Do they bring out the best in you? Do you bring out the best in them?

A GOOD FRIEND

Our children may need our guidance in choosing good friends who have a positive influence. Use this **checklist** with your child to evaluate each **friend**. Discuss with your child what each word means:

- Responsible
- Loyal
- Confidential
- Fair
- Trustworthy
- Caring
- Sharing
- Encouraging
- Reliable
- Sensible
- Goal Oriented



Three ways to help your child choose responsible friends:

1. Make your child's friends welcome in your home. Invite them over.
2. Think about your own friends. Do they model responsible behavior?
3. Let your child know when you think he or she has a good friend.



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, FOSTERS A HEALTHY SELFESTEEM, ENCOURAGES **POSITIVE** BEHAVIOR, AND HELPS TONE DOWN FRUSTRATION AND STRESS IN THE FAMILY.

WHILE MANY PARENTS FEEL IT IS CLOSE TO IMPOSSIBLE TO HAVE A CONVERSATION WITH THEIR TEENAGER, THERE ARE WAYS. **YOUR CHILD** REALLY ISN'T BECOMING A NEW SPECIAL BREED OF ALIEN. **THEY'RE** JUST GROWING UP AND THEY STILL DO WANT TO CONNECT WITH YOU. **TRY** THESE TIPS TO GET, AND KEEP, THE CONVERSATION ROLLING IN YOUR HOME:

- 1. USE YOUR ACTIVE LISTENING SKILLS AND WATCH OUT FOR THOSE DOOR SLAMMERS.**
- 2. TALK OFTEN WITH YOUR TEEN** TO BRING OUT POSITIVE OPTIONS, **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. SAY 'HI,' 'I LOVE YOU,' 'HOW WAS YOUR DAY?' ETC.**
- 4. YOUR TONE OF VOICE IS EXTREMELY IMPORTANT. YELLING** SIMPLY DOESN'T WORK. THE LOUD NOISE WILL SHUT DOWN THE **LISTENER** 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 AND USE AN ACTION PLAN** 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. REMEMBER TO-DO LISTS WILL KEEP YOU STRESS FREE**
- 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.**



DICTIONARY FOR WOMEN

Argument (**ar*you*ment**) n. A discussion that occurs when you're right, but he just hasn't realized it yet.

Bar-be-que (**bar*bi*q**) n. You bought the groceries, washed the lettuce, chopped the tomatoes, diced the onions, marinated the meat and cleaned **everything** up, but he, "made the dinner."

Blonde jokes (blond joks) n. Jokes that are short so men can understand them.

Diet Soda (**dy*it so*da**) n. A drink you buy at a convenience store to go with a half pound bag of peanut M&M's.

Eternity (**e*ter*ni*tee**) n. The last two minutes of a football game.

Exercise (**ex*er*siz**) v. To walk up and down a mall, occasionally resting to make a purchase.

Grocery List (**grow*ser*ee list**) n. What you spend half an hour writing, then forget to take with you to the store.

Hair Dresser (hare **dres*er**) n. Someone who is able to create a style you will never be able to duplicate again.

Hardware Store (**hard*war stor**) n. Similar to a black hole in space. If he goes in, he isn't coming out anytime soon.

Patience (**pa*shens**) n. The most important ingredient for dating, marriage and children. See also "tranquilizers."

Waterproof Mascara (**wah*tr*pruf*mas*kar*ah**) n. Comes off if you cry, shower, or swim, but will not come off if you try to remove it.

Valentine's Day (**val*en*tinez dae**) n. A day when you have dreams of a candlelight dinner, diamonds and romance, but consider yourself lucky to get a card.

CHOCOLATE ADVICE

If you've got melted chocolate all over your hands, you're eating it too slowly.

Chocolate covered raisins, cherries, and strawberries all count as fruit, so eat as many as you want.

Q. Why is there no such organization as Chocoholics Anonymous?

A. Because no one wants to quit.

If not for chocolate, there would be no need for control top pantyhose. An entire garment industry would be devastated.

If you can't eat all your chocolate, it **will** keep in your freezer. But if you can't eat all your chocolate, what is wrong with you???

If I eat equal amounts of dark and white chocolate is that a balanced diet?

Chocolate has many preservatives. Preservatives make you look younger.

The Problem: How to get 2 pounds of chocolate home from the store in a hot car. The Solution: Eat it in the parking lot.

