

CBTS NEWSLETTER

JANUARY 2010

Tips for Family New Year's Resolution Success

Keep setting and attaining small, incremental resolutions and you'll be amazed at how far you've come when assessing your progress a year later.

Preparing Resolutions Together:

- ♦ **Schedule a time to talk about family resolutions.** Put it on the calendar at a time when the entire family can devote enough time to discuss without running in or out for other activities.
- ♦ **Ask everyone to come prepared.** Encourage all family members to brainstorm fun resolution ideas in advance to prepare for the discussion.
- ♦ **Hold a planning meeting that is meaningful and fun.** Give everyone a chance to participate by sharing his or her ideas and helping run the meeting. Give everyone a chance to present his or her contribution.

Developing Resolutions Together:

- ♦ **Make 'well-rounded' resolutions.** Consider areas outside of fitness, such as improved nutrition, increased community service and additional time spent as a family.
- ♦ **Mix it up.** Making a variety of resolutions offers more opportunities for success. When one resolution starts to get tough, achieving success on another can boost confidence.
- ♦ **Make resolutions specific, realistic and measurable.** Develop resolutions that include the whole family and consider each person's starting point. Pick goals that are measurable and put the family on the road toward a healthier lifestyle.
- ♦ **Accentuate the positive.** Make more resolutions which focus on adding healthy activities rather than restricting unhealthy ones. Look for success in small increments by creating short-term goals and avoiding "all or nothing" thinking.
- ♦ **Don't "over resolve."** Consider what's realistic given realities of your current daily life that cannot be changed, or at least not changed overnight.

Finding Resolution Success Together:

- ♦ **Track progress in a fun, interactive and visual way.** Put resolutions in writing and display them on the refrigerator where they can be easily seen. Make posters and charts mapping progress.
- ♦ **Celebrate with positive, healthy rewards.** Honor small successes with positive, fun and healthy rewards that meet the needs of the entire family. Check in with each other regularly and celebrate achievements, big and small.
- ♦ **Prepare for setbacks.** Setbacks are not failure--they are times to call in the troops for reinforcement.
- ♦ **Work together as a team to overcome barriers.** If a family member is having trouble meeting a goal, brainstorm together to develop a new strategy.



FAMILY NEW YEAR'S RESOLUTION IDEAS

Need some inspiration? Here are a variety of resolutions to consider.

As a family and as a couple

- Plan a family outing like a short road trip. Even little outings are great memory-making opportunities.
- Work on a family project together.
- One day or more a week, eat dinner together as a family with the TV turned off and talking to each other as a family.
- Make a regular date night with your spouse.

With extended family, friends and neighbors

- Take time for a monthly call to out-of-town relatives and long-distance friends to catch up and share news.
- Create an email list to keep in touch monthly with extended family and friends regularly instead of just with holiday newsletters and cards.
- Reach out to a neighborhood family that you don't know well and commit to getting to know them better.

Give to others through community service and volunteerism

- Offer your own time or adopt a project as a family.
- Participate in a family fundraiser for a local charity.
- Volunteer for a committee or event in your community.

Reconnect with "you"

- Keep a daily journal, take a yoga class or go on a walk after dinner.
- Commit to regular meditation/quiet time
- Be kind and friendly to others.
- If there are times when you feel sad, reach out to someone to talk about it.

Embrace learning opportunities

- Start learning a new language as a family.
- Take a class through community education.
- Play word games together like Scrabble.
- Take up a hobby together.
- Join a book club.



Find more time for physical activities

- Start an exercise program.
- Schedule an evening walk.
- Pick a fun run/walk or 5K a few months away. Sign up in advance, train



New Year's Resolutions for Teens

1. I will present myself in a positive way; I will not put myself down.
2. I will spend more time with people and less time on my cell phone or computer.
3. I will learn how to say "No" to things that are not good for me. I will involve responsible adults who care about me when I am faced with difficult choices.
4. I will make small, healthy changes in my eating habits every day.
5. I will take better care of myself by getting more sleep, exercising, and listening to my body. I will ask for help when I need it.
6. I will help someone else (e.g. volunteer for causes I care about, make dinner for the family without being asked).
7. I will be more honest with my parents about my problems. They really do want what's best for me and can help me even if they are angry or disappointed.
8. I will try new, healthy ways to deal with anger or stress, like talking to a friend, writing in a journal, or exercising.
9. I will offer mutual respect in my relationships. I will not allow others to treat me badly (either emotionally or physically).
10. I will find something to be thankful for every day.





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CBTS PROCTOR TRAINING

Wednesday, January 20, 2010
 5:30 p.m.
 220 East 3900 South

Topic: To be announced

DCFS PRACTICE MODEL TRAINING

(All proctor parents are expected to take this training preferably during their first year)

Thursday, January 7	9:00 a.m. - 1:00 p.m.
Thursday, January 14	9:00 a.m. - 1:00 p.m.
Thursday, January 21	9:00 a.m. - 1:00 p.m.

DCFS Oquirrh Training Center
 2655 South Lake Erie Drive (3800 West)
 Contact Eric Biedler at ebiedler@utah.gov or
 801-755-7098 to register

The 12 hours of training you receive applies toward your required 30 or 50 hours of annual training.



NEW YEAR'S RESOLUTION

ATTEND PROCTOR TRAINING!!

You **MUST** have 50 hours during your first year of being licensed as a proctor parent and 30 hours every year after that. If you are married, your spouse **MUST** complete 2/3 of those hours. Liz does an excellent job in providing training that will assist proctors in their vital role. She also has packets available if you need additional hours. Proctor training is every third Wednesday of the month at 5:30 p.m.



HOW TO AVOID BARGAINING WITH YOUR TEEN

"Okay, okay, I'll let you go to the party if you stop bugging me about it." "I already told you Jason couldn't come over, but I'll let it go this one time."

Do these scenarios sound familiar? Does your teen beg and plead to get his way until you finally just give in? Does "no" really mean "maybe" in your household?

Parents often fall into the trap of bargaining with their child, sometimes to make their own lives easier or because they want to be "friends" with their child, and sometimes because they feel guilt or shame about issues from the past such as getting a divorce, moving the family, or working too many hours.

Although bargaining with your child may resolve the immediate conflict, a pattern of bargaining could indicate an unhealthy disruption in the balance of power in the parent-child relationship.

Relinquishing Your Parental Authority

Bargaining is often a sign that parents are losing authority over their child, particularly when they begin bargaining about rules that are, or should be, "hard lines in the sand." Teens and preteens may feel a misplaced sense of entitlement that begins to wear away at a parent's authority.

Entitlement is when someone believes they have a right to make a choice that is outside of their power. When parents repeatedly let their child make decisions that are outside of the child's power, the child becomes inflated with a sense of self that is inaccurate in terms of the child's belief in her ability to affect the outcome of events.

Power is given to parents - not children - for good reason. Parents have the experience, knowledge, and wisdom to keep their children safe and make good decisions. Of course, there are times when it is fair and appropriate to negotiate and compromise with teens. Power can certainly be shared, but only when the outcome does not have the potential to harm the child.

Rather than bargaining with your child, empower her to influence the outcome of decisions that truly are negotiable and draw clear boundaries in areas that are not up for debate. For example, a middle school-aged child should not be allowed to negotiate about which friends she has sleepovers with, what parties she can attend, or how late she can stay out at night. Nor should they be allowed to choose not to go to school. Permitting a child to do so allows the child to usurp that parent's authority on matters that should be non-negotiable because they are in the child's best interest.

Reclaiming Personal Power

Not only do parents give up their authority in the bargaining process, but they also surrender their personal power - their power to make choices that align with their personal values. For example, a parent gives away his personal power when he allows a child to speak disrespectfully to adults without any consequences. The parent may feel powerless to stop the child from treating him in a manner that goes against his personal values.

The way to regain personal power is by maintaining boundaries. Knowing which rules are negotiable and which are non-negotiable and sticking to it is the first step. It's also important for parents to take care of their own mental and physical health by making time for themselves. In doing so, you become a role model to your child, showing her how to get her needs met in a healthy way. Knowing what your values and morals are and living by them is another way to set clear guidelines for your child.

(cont.)

Tips for Avoiding Power Struggles with Your Teen

While the occasional power struggle is a natural part of parenting, setting up a pattern of bargaining can set the stage for a contentious parent-child relationship during high school and beyond. The following are a few suggestions for avoiding power struggles with your teen:

1. Decide which rules or topics are non-negotiable. Talk with your spouse to make sure both of you are on the same page and are prepared to present a united front to your teen.
2. Inform your child that these particular items are no longer up for negotiation and that when you, the parent, says "no" or that a topic is not up for discussion, you are exercising your legal authority to make decisions in the best interest of your child.
3. Inform your child which areas are open for discussion and possible negotiation.
4. Recognize that a child who has negotiated before will try to negotiate again – and this time, she'll press even harder, hoping that you will give in. Parental responses to these pleas for negotiation should be neutral but firm, such as :
 - "Nevertheless, you will not be going to Sarah's house for an overnight."
 - "I'm sorry you're disappointed, but that is my final word."
 - "This is not negotiable. I am not comfortable with you going to Jordan's house for the reasons we have already discussed."
 - "If you continue to push this, I will have to ... (ground you for the evening for not accepting my decision, take away your cell phone for 24 hours, etc.)."
5. Understand that if you have allowed your child to negotiate in the past and are trying to regain your personal power in the relationship, the process takes time. You may have to set multiple boundaries and have the same discussion several times. Teenagers will test every rule. For example, "Can I go to Jenny's house?" "No." "Can I go to the mall with Jenny?" "No." "Can I study with Jenny and Sarah?" "No."
6. Do not get stuck in an argument. Too many words are usually a sign that you are negotiating. The longer the conversation continues, the more your teen feels she can change your mind.
7. Always listen to your children. You can validate their feelings without necessarily agreeing. For example, you may want to say, "I understand that you feel left out because everyone else is going to the party. Nevertheless, I am not comfortable with you going."

Next time your child tries to spark a debate on a non-negotiable issue or "win" in a bargaining exchange, remember these tips and do yourself and your child a favor by drawing a clear, but fair boundary.

Twenty-One Pointers for Parents of Teenagers

- ◆ Be neither martyr nor tyrant; negotiation and compromise are often helpful.
- ◆ Listen and talk, and encourage the same.
- ◆ Be open, honest, fair and caring; actions say more than words.
- ◆ Relate privileges to desired behavior.
- ◆ Praise the positive and minimize criticism.
- ◆ Be willing to swallow your pride.
- ◆ Put best interest ahead of personal revenge.
- ◆ Avoid multiple rules and demands, but consistently expect compliance with a limited number of important ones.
- ◆ Recognize that occasional mood swings, intense feelings, self-absorption and defiance are normal.
- ◆ Be helpful but not a slave, and understanding but not a doormat.
- ◆ Accept independence when balanced by responsibility.
- ◆ Enrich your life in other dimensions, as the goal in parenting is to not be needed.
- ◆ Be flexible without indulging and limit setting without constricting.
- ◆ Allow, within reason, natural consequences of choices.
- ◆ Don't be personally defeated when peers and other parents are elevated above yourself.
- ◆ Take comfort that this too shall pass.
- ◆ Base your sense of worth on yourself, not on another's appraisal.
- ◆ Don't be dismayed by inconsistencies in attitudes and needs.
- ◆ Don't expect perfection; relax and enjoy the good times.
- ◆ Realize that adolescence is the most difficult period of life, exceeded only by the time



Some thoughts for the new year...

The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. These are the times of fast food and slow digestion, big men and small character. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, overweight bodies, and pills that do everything from cheer, to quiet, to kill.

Remember, spend some time with your loved ones, because they are not going to be around forever. Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side. Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say, "I love you" to your partner and loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you. Remember to hold hands and cherish the moment for someday that person will not be there again. Give time to love, give time to speak, and give time to share the precious thoughts in your mind. Life is not measured by the number of breaths we take, but by the moments that take our breath away.

How to Stay Young

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is God and ourselves. Be alive while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

