



CBTS Newsletter

JULY 2008

Parenting Teenagers: The Agony and the Ecstasy

by Emuna Braverman

"Mature, childish. Detached, clingy. Selfish, caring. Respect us, scorn us. Stop the insanity! They're like Dr. Jekyll and Mr. Hyde. They're so mature and so childish. Their conversation is so sophisticated and so incoherent (like whatever). They're so selfish. They're so giving. They can look so beautiful and so grungy. They love us (they really do). They admire us (they just don't realize it). They're our teenagers. So how do we parent them?

1. Stay calm

When you need to be firm, stay calm. If you must repeat your position over and over again, stay calm. Don't get pulled into hysteria. This is simple but effective, if you can do it. Their emotional moments don't last long, but if you respond in kind you will provoke a harsh reaction and get into deeper trouble.

2. Don't take anything they say too seriously or personally.

Don't turn it into a power struggle. Do whatever it takes...bite your tongue, count to 10, leave the room, use your Lamaze breathing techniques (this is where they really come in handy!)...but don't engage on this level. Teenagers are experts at manipulation. They

know exactly which button to push. Don't address the issue unless it is presented at a calm, thoughtful time.

3. Avoid criticism as much as possible. Pick your battles very carefully. Maybe you don't like their outfit. Unless it violates a crucial principle, let it be. And try very hard not to embarrass them in front of their peers. Rebuke is always best in private. Parenting is a constant test of our willpower and patience.

4. Give praise

Be lavish with praise when appropriate. Notice their good behavior. However small, make sure you comment. You may not be keeping score, but they are. Everyone wants appreciation.

5. Accept the uniqueness of your children.

Appreciate them for who they are. Raising children is not an opportunity to relive your own life or to make up for lost opportunities. Nor will your children always fit the mold you had in mind. Don't push them to embrace your vision. They won't and you'll just end up alienating and frustrating them.

(cont.)



(Parenting Teenagers cont.)

- July 1 Utah Symphony Concert 8:00 p.m. Free
Cultural Center West Valley City
- July 4 Magna 8900 West 2600 South
Breakfast 7-11:30 a.m., Parade 12:30 p.m.
Carnival, Fireworks
- July 4 Sandy 10000 South Centennial Parkway
Breakfast 8:00 a.m. Rides, Music, Food, Crafts
Parade 7:30 p.m. Fireworks
- July 4 Murray Park 6:30 a.m. Breakfast
Parade, Food, Games, Entertainment, Fireworks
- July 2 & 4 West Jordan Park Car show, Carnival, Games,
Food, Art, Entertainment, Outdoor Movie
- July 5 Star of the West Country Music Competition
Free 8:00 - 10:00 p.m. Sandy Amphitheater
9400 South 1300 East
- July 16 Utah Symphony Concert Free 8:00 p.m.
Sandy Amphitheater 9400 South 1300 East
- July 23 Gallivan Center 6:00 - 10:00 p.m.
Food, Entertainment, Crafts Free
- July 24 Native American Celebration Free
Liberty Park 900 South 500 East
7:00 a.m. until fireworks
Food, Arts & Crafts Booths, Entertainment

6. Keep laughing.

It is essential to have a sense of humor. 'Through joy and humor can we make the transition from smallness to greatness.' You can laugh with your teenagers who now have an adult sense of humor. But their favorite is to laugh at you. You don't have to work at it; you provide plenty of opportunities.

7. Enjoy, and be available for, the good times.

Those late night talks, the sitting on your lap, the shared pleasure in their younger siblings, the dinner table discussions...These are all precious moments and important pieces of relationships. And take a moment to treasure the glimpses of the wonderful adults you're helping them become.

Come to think of it I have two very effective parenting tips. Don't get them their own car. And don't get them their own credit cards. They won't be able to get too far without you--and a few of your rules. Whatever your teenagers may say, however they may act, they're watching you. They're still learning from your example."



Parenting by Example

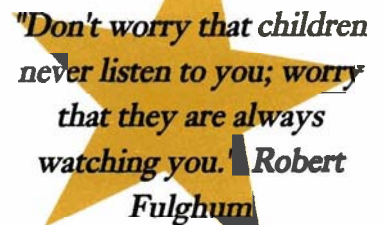
or

Walk the Talk

"The most powerful role model in any child's life is the same-sex parent. Daughters primarily look to their mothers and sons to their fathers. And believe me, they are watching you every minute. You can run, but you can't hide. Children are very perceptive. The disclaimer of 'do as I say, not as I do' doesn't give you a free pass either. For better or for worse, they observe, learn and imitate your behaviors, your actions, your values, your beliefs and even your expressions. This is known as modeling. Children are the products of their learning histories and those histories are in no small part comprised of what they observe in you.

The good news is that you are in a position of tremendous power in regard to influencing the development of your child. The bad news is that you are in a position of tremendous power in regard to influencing the development of your child. Research tells us that children who do not have role models have far more behavioral problems than those who do. It is true that actions speak louder than words. Your actions teach them how to take personal responsibility for their own behavior, choices, actions, thoughts and feelings.

Raising perfect children is simple enough if you, as their role model, happen to be perfect yourself. Unfortunately, as parents, we are far from perfect, so we just have to do the best we can with a keen sensitivity to the fact that we are being watched in all we do. If you want your child to be neat, then you must be neat. If you want your child to read, then they must see you enjoying good books. If you want your children to learn how to express themselves, then you must engage your family in discussions. If you want them to be healthy and fit, then they must see you eating healthy food and creating a lifestyle that includes exercise and recreation. If you want them to handle anger appropriately, then you can't cuss out the guy who took 'your' parking space. If you want your children to be honest, you must exhibit honesty in your everyday life. If you want your children to have joyful, well-adjusted dispositions, then they've got to see you acting, feeling and living that way too.

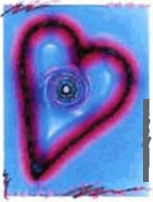


"Don't worry that children never listen to you; worry that they are always watching you." Robert Fulghum

Although the most powerful role model for most young people is the same-sex parent, children still watch very closely how their opposite-sex parent treats the other parent. Daughters, for example, will watch very closely how their fathers treat their wives. Fathers can also model for their daughters how reasonable and decent guys should treat her. If you model coldness and emotional unavailability and generally ignore her, she will not only set a low standard, but she will also be hungry for male attention and male valuation. Fathers need to help daughters understand that good men are supportive and respectful and not abusive. Words are heard, actions are experienced.

How many ways is your conduct writing on the slate of who your child will become? You are your child's first teacher. You serve in that role throughout their lives. You cannot expect your children to be better than you teach them to be. "

TRAINING OPPORTUNITY



LOVE & LOGIC

Free Parenting Group
Marv Jensen Fitness and Recreation Center
10300 South Redwood Road

Starts July 10th for 8 weeks only
Thursdays, 6:00 - 7:30 p.m.

Daycare available at Marv Jensen Center from
6 - 8 p.m. for \$1.25 per child per hour

Sign up by calling 263-7225

Certificates given if you complete the group.



ANNOUNCING THE CBTS SUMMER POTLUCK BARBEQUE AND FIRST ANNUAL (AND MAYBE LAST) TALENT SHOW!!!

Wednesday, July 16, 2008
6:30 p.m.
Harmony Park
3700 South Main Street

For all proctors and their families

Please call by July 10 and let Lori know what you would like to bring, how many will be attending and if anyone in your family will be participating in the talent show. We plan on giving "America's Got Talent" a run for their money!! We'd also like someone to volunteer to tape this star-studded event. It could be the next YouTube sensation!

Thank you to all those proctors who attended the recent CPR/First Aid Certification training. We were able to get 10 people current with this important licensing requirement. If you were unable to attend and need to recertify contact Save-A-Heart at 582-7114.



DISORDER IN THE COURTS

THE FOLLOWING ARE THINGS PEOPLE ACTUALLY SAID IN COURT, WORD FOR WORD, TAKEN DOWN BY COURT REPORTERS.

ATTORNEY: ARE YOU SEXUALLY ACTIVE?

WITNESS: NO, I JUST LIE THERE.

ATTORNEY: WHAT WAS THE FIRST THING YOUR HUSBAND SAID TO YOU THAT MORNING?

WITNESS: HE SAID, "WHERE AM I, CATHY?"

ATTORNEY: AND WHY DID THAT UPSET YOU?

WITNESS: MY NAME IS SUSAN.

ATTORNEY: ALL YOUR RESPONSES MUST BE ORAL, OK? WHAT SCHOOL DID YOU GO TO?

WITNESS: ORAL.

ATTORNEY: DO YOU RECALL THE TIME THAT YOU EXAMINED THE BODY?

WITNESS: THE AUTOPSY STARTED AROUND 8:30 P.M.

ATTORNEY: AND MR. DENTON WAS DEAD AT THAT TIME?

WITNESS: NO, HE WAS SITTING ON THE TABLE WONDERING WHY I WAS DOING AN AUTOPSY ON HIM!

ATTORNEY: THE YOUNGEST SON, THE TWENTY-ONE-YEAR-OLD, HOW OLD IS HE?

WITNESS: UH, HE'S TWENTY-ONE.

ATTORNEY: NOW DOCTOR, ISN'T IT TRUE THAT WHEN A PERSON DIES IN HIS SLEEP, HE DOESN'T KNOW ABOUT IT UNTIL THE NEXT MORNING?

WITNESS: DID YOU ACTUALLY PASS THE BAR EXAM?

ATTORNEY: ARE YOU QUALIFIED TO GIVE A URINE SAMPLE?

WITNESS: HUH...ARE YOU QUALIFIED TO ASK THAT QUESTION?

ATTORNEY: DOCTOR, BEFORE YOU PERFORMED THE AUTOPSY, DID YOU CHECK FOR A PULSE?

WITNESS: NO.

ATTORNEY: DID YOU CHECK FOR BLOOD PRESSURE?

WITNESS: NO.

ATTORNEY: DID YOU CHECK FOR BREATHING?

WITNESS: NO.

ATTORNEY: SO, THEN IS IT POSSIBLE THAT THE PATIENT WAS ALIVE WHEN YOU BEGAN THE AUTOPSY?

WITNESS: NO.

ATTORNEY: HOW CAN YOU BE SO SURE, DOCTOR?

WITNESS: BECAUSE HIS BRAIN WAS SITTING ON MY DESK IN A JAR.

ATTORNEY: I SEE, BUT COULD THE PATIENT HAVE STILL BEEN ALIVE, NEVERTHELESS?

WITNESS: YES, IT IS POSSIBLE THAT HE COULD HAVE BEEN ALIVE AND PRACTICING LAW.

