

TEN WAYS TO HAVE RESPONSIBLE CHILDREN

by Mark Brandenburg MA



CBTTS NEWSLETTER

We'd all like our kids to develop into responsible people. How can we help to ensure that our kids learn the lessons of responsibility? Here are some ideas:

1. Start them with tasks when they're young. Young kids have a strong desire to help out, even as young as age two. This helps build confidence and enthusiasm for later tasks in their life.

2. Don't use rewards with your kids. If you want your kids to develop an intrinsic sense of responsibility, they need to learn the 'big picture' value of the things they do. They won't learn that if they're focused on what they're going to 'get.'

3. Use natural consequences when they make mistakes. If they keep losing their baseball glove somewhere, let them deal with the consequences. Maybe they have to ask to borrow one for the game. Or, perhaps they have to buy a new one if it's lost. If you rescue them every time they screw up, they'll never learn responsibility.

4. Let them know when you see them being responsible. Specifically point out what you like about their behavior. This will make it more likely to continue to happen.

5. Talk often about responsibility with your kids. Make responsibility a family value, let them know it's important.

6. Model responsible behavior for your kids. This is where they'll learn it from. Try to be on time, and clean up after you make a mistake. Take care of your stuff. They're watching you very closely.

7. Give them an allowance early in their life. Let them make their own money decisions from an early age. They'll learn their lessons in a hurry. Don't bail them out if they run out of money.

8. Have a strong, unfailing belief that your kids are responsible. They'll pick up on this belief, and they'll tend to rise to the level of expectation. And keep believing this, even when they mess up.

9. Train them to be responsible. Use role play and talk to them about exactly what kind of behavior you expect from them. It's hard for kids to be responsible when they don't know what it looks like.

10. Get some help and support for your parenting. Talk to other parents, read books, join parent support groups, whatever helps you feel like you're not alone.



March 2008

Parenting Commitment Quiz: How Committed Are You to Raising Caring, Confident Responsible Children?

Are you a committed parent? Is your success at home as important as the success you achieve in other areas of your life? Most parents would answer 'yes' to these questions. Probably you would too. But are you really committed? Do your actions match your beliefs about your level of commitment:

Read each item and answer yes or no.

1. ____ I regularly create a culture of accountability in my family by creating reasonable, related consequences and implement them with love and gentleness.
2. ____ I believe that holding my children accountable for their actions and choices is one of the most loving things I can do as a parent. I follow through on the consequences I set, consistently. I do not rescue, give them one more chance, or let it slide 'this time.'
3. ____ I have played a board game, shot baskets, played catch, read a book, etc. with my child in the past week.
4. ____ I attended the most recent parent/teacher conferences at my child's school.
5. ____ I have firm and reasonable limits for my children in terms of television, food, video games, bed times, and extra-curricular activities. I enforce these limits consistently with gentleness and love.
6. ____ I have invested time in helping my children understand a choice or decision they made in the past two weeks.
7. ____ I model closeness and affection by giving my child regular hugs, smiles and eye contact. I schedule alone time with each child each week.
8. ____ My children hear me say what I am going to do and see me do what I say. My children know what I value and believe and consistently see me living according to those beliefs and values.
9. ____ I admit to mistakes and my children see me make amends quickly.
10. ____ I have attended a parenting class/training or read a parenting book in the last two months.

Scoring key: Count the number of times you answered 'yes' and compare it to the scale below.

10 - 8 yes: *Super committed.* You are regularly demonstrating and modeling what your children need to see from you as a parent committed to raising responsible, caring, confident children.

7 - 5 yes: *Committed.* Your children will benefit from your level of commitment while you commit to raising it in the future.

4 - 2 yes: *Sometimes committed.* You have work to do to move up on the commitment index.

CBTS PROCTOR TRAINING

Wednesday, March 19, 2008

6:30 p.m.

220 E. 3900 S. #16

Topic: Sex Education

Presenter: Kim Sorensen, L.C.S.W.

FIRST AID/CPR CERTIFICATION

West Jordan Library (1970 W. 7800 S.)

Saturday, March 29 10:15 a.m.

Sprague Library (1100 E. 2131 S.)

Monday, March 17 5:30 p.m.

West Valley Library (2880 W. 3650 S.)

Thursday, March 6 5:30 p.m.

Foothill Library (1135 S. 2100 E.)

Saturday, March 15 10:15 a.m.

Sandy Library (10075 S. 1350 E.)

Tuesday, March 11 5:30 P.M.

The first 1.5 hours is CPR training, the second 1.5 hours is First Aid. Tell them you are with CBTS and they will send us the invoice. If you need additional information contact Save-A-Heart at 582-7114.



DCFS Foster Parents Practice Model Training

Tuesday, April 8, 2008 9:00 a.m. - 1:00 p.m.

Tuesday, April 15, 2008 9:00 a.m. - 1:00 p.m.

Monday, April 21, 2008 9:00 a.m. - 1:00 p.m.

Training to be held at 2655 South 3880 West

For more information regarding this training, please contact Lori at 268-4044. You need to be pre-registered if you are planning on attending.



RAISING RESPONSIBLE KIDS

Being responsible means meeting our obligations and accepting the consequences of our actions. For youth, these include things such as school attendance, homework, coming home on time and doing chores. Children are not born "responsible." They rely on parents and others in their world to help them learn this behavior. Children will be more likely to want to be responsible and meet your expectations when their relationship with you is one of mutual respect. Without a strong positive relationship, children are likely to choose not to cooperate and to resist your directions and requests. Helping them develop a sense of responsibility requires skill, patience and modeling responsible behavior yourself.



Do

Allow your child to experience and accept the natural consequences of his actions unless health and safety are at risk. Allowing your child to make mistakes provides an opportunity to learn. It gives him the message that he is responsible for his behavior.

Provide logical consequences for problem behaviors when natural consequences don't exist, or may not be adequate. Logical consequences are related to the problem behavior.

Include your child in deciding on what the consequence will be for good and bad choices.

Planning consequences ahead of time can ensure that they will be fair and logical, not just an angry reaction. It is important that consequences are set which parents can enforce consistently.

Discuss problem situations when they arise with your child. Allow her to come up with possible solutions. Give children time to think, analyze and problem solve.

Recognize and acknowledge your child's efforts to make good choices.

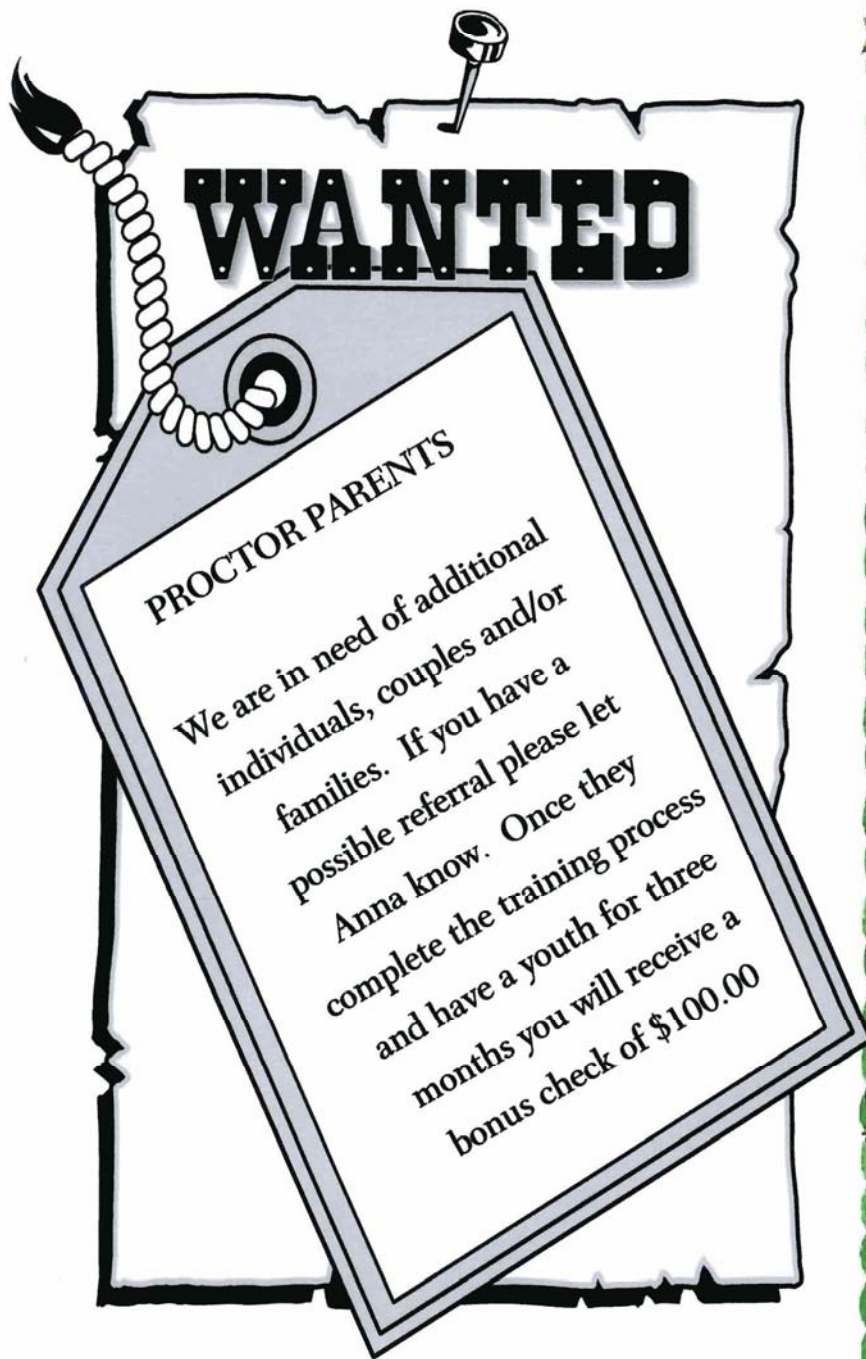
Help your child to see how his mistakes are a problem to himself or others.

- ◆ Model responsible behavior.
- ◆ Involve your child in planning his chores and other responsibilities and in setting time lines for their completion.
- ◆ Be clear in stating your expectations.
- ◆ Let your child know that his contributions and good behaviors are valued by the family.



Don't

- ◆ Don't lecture. Children will hear you for only the first 10-15 seconds.
- ◆ Avoid shaming or embarrassing your child for making poor decisions or failing to follow through with her responsibilities.
- ◆ Avoid "I told you so's" or "rubbing it in."
- ◆ Avoid doing for your child what she can do herself.
- ◆ Avoid giving many reminders to your child as this robs him of the opportunity to learn there are consequences for mistakes.
- ◆ Avoid rescuing your child from negative consequences for his behavior.
- ◆ Don't let your child turn the focus away from her own behavior on to someone else's.
- ◆ Don't make excuses for your child.
- ◆ Don't refuse to take responsibility for your own actions.
- ◆ Avoid giving your child solutions for his problems.
- ◆ Don't blame your child's misbehavior on someone else or circumstances beyond his control, for example, "It seems like he only gets in trouble when he is with a certain friend."



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Audrey Cooley, Intern

Do you need help with your homework?



But don't know where to turn?

Contact Audrey at CBTS

268-4044

Available office hours are Monday, and Thursday from 3pm to 5pm and on Wednesday from 3 pm-4:30pm. Set up an appointment or feel free to stop by the CBTS office for help completing your school work.

Do you need a Job?



But don't know where to start?

Contact Audrey at CBTS for help with:

- Filling out a résumé.
- Picking up job applications.

Filling out and turning in job applications.

- Interviewing skills.
- Other job skills you would like to work on.

Call Audrey at CBTS 268-4044 for more information and to
schedule an appointment.