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10 THINGS TO DO WHEN PROCTOR YOUTH FIGHT

1. *Allow each youth his or her own space.* Having each youth in **his/her** own room would be ideal, but it's not necessary to keep the peace. Ideas: Try giving each youth their own space for doing homework.
2. *Give them permission not to like each other.* It's not a requirement that they like each other. Teach respect and patience instead.
3. *Create house rules as a family.* Allow each person to contribute something to the **rules**. This will **give** each member of the family a sense of belonging and importance.
4. *Involve each youth in his/her own activity.* This goes along with the idea of giving them space. It will also help them become individuals.
5. *Allow each youth ~~time~~ with proctors separate from the other youth.* Try to set aside time to spend with each youth separately. Not only will this help build bonds with you as parents, it will help build the youth's self esteem.
6. *Allow them time to grow as siblings.* Don't expect children from separate **families** to immediately embrace each other **as** siblings. Bonds take time to grow, so give them that time.
7. *Talk about issues together and openly.* If there are problems within the family discuss them **as** a family. Hold family meetings and share. Remind everyone that the family is a safe place.
8. *Have family ~~time~~.* Doing things **as** a family will help **build** family and siblings bonds. Participate in sports, go for **walks**, picnics or movies together.
9. *Supervise a project that they can complete together.* Teach them that at times, it is best to work as a team. Try giving them a project of their own such as a garden, redecorating their room or something simple like an art project. Just be sure to supervise.
10. *Accept the fact that they may not get along.* As long as it is a safe environment, you may have to learn to live with it. If the situation turns unsafe, someone may have to be moved.

"One of parents' most important responsibilities is helping children learn to govern themselves. According to experts, the best parenting combines firm expectations and reasonable freedom for children to make their own choices. When parents provide a good balance between rules and freedom, children learn to act responsibly of their own free will, even when parents aren't around.

Options, Not Commands

Children have an inborn desire for independence, and wise parents respect and respond to this need. Accordingly, children best learn how to make good choices when they're given options within acceptable limits. Most child experts recommend that children be given as many choices as possible and appropriate for their age level. Parents who issue orders or commands can stunt their children's ability to make choices for themselves. Instead, parents should look for opportunities to create options for their children, then let them decide. This kind of parenting shows children that their independent thoughts and feelings are valued and matter. It also encourages children to see adults as providers of help and guidance rather than forces of control and domination.

The Power of Freedom

Studies show that as children are given freedom to make choices, they become more willing to follow parental guidance. When children and teens are given latitude for decision making in areas that matter less, they are most likely to feel trusted and empowered to choose rightly and **conform** to parental expectations in areas that matter more. Parents should keep in mind their children's personalities and maturity as they decide how much freedom to allow. Giving children reasonable freedom teaches them how to handle their freedom within a safe environment. If they

make mistakes, their parents are there to explain what went wrong and to give them another change. It's possible that children who are given generous freedom will make more mistakes than those who are told what to do more, but research shows that greater freedom helps children become stronger and more mature individuals.

Age-Appropriate Independence

As children grow, they should be given more and more independence. At a young age children can select the clothes they wear, food they eat, places to sit and other small decisions. Older children can have more of a say in choosing appropriate times to be at home, when and where to study, and which **friends** to associate with. The goal is to prepare them for the day they will leave their family and live without parental control.

Provide options and choices whenever possible. Allow choices within reasonable limits. *Give your children reminders and warnings.* When you provide prompts, you help your children make good choices. *Anticipate problems.* Try to predict situations that will tempt your children to misbehave and talk with them about it ahead of time. *With older children, consult rather than command.* When older children and teenagers are faced with choices, they respond much better to discussion and suggestions than to lectures and orders. **Try** these steps:

1. Listen attentively and reflect back what they are feeling. ('So, it sounds to me like you're upset because..')
2. Use statements with 'I' instead of 'you.' (I don't understand why you suddenly want to quit the team' instead of 'You're just a quitter.')
3. Communicate your thoughts about potential options and consequences rather than make pronouncements. (I'm wondering how you're going to make the college team if you quit playing ball,' instead of 'You won't make the team if you quit.')
4. Leave room for them to solve the problem themselves. ('What do you want to happen? 'What are you going to do about this?')



CPR/FIRST AID CLASSES

Save-A-Heart
582-7114

The first 1.5 hours is CPR training, the second 1.5 hours is First Aid. When you show up let them know you are with CBTS and they will bill us.

West Jordan Library (1970 W. 7800 S.)
Wednesday, May 23 5:30 p.m.

West Valley Library (2880 W. 3650 S.)
Saturday, May 5 10:15 a.m.

Anderson Library (1135 S. 2100 E.)
Tuesday, May 29 5:30 p.m.

Riverton Library (1830 W. 12860 S.)
Thursday, ~~May~~ 17 5:30 p.m.



PROCTOR TRAINING

Wednesday, May 16, 2002

6:30 p.m.

3118 South 545 East

(Dave Jorgensen's Lome)

Potluck Dinner

PLEASE!!! Contact Lori and let her know what you **will** be bringing by Monday, May 14.

If you are not **attending** proctor training you are **missing** out on receiving valuable information, mandatory training hours, good company and delicious food. **Thank** you to Jen, Candie and Susan for hosting proctor training in their home so far.



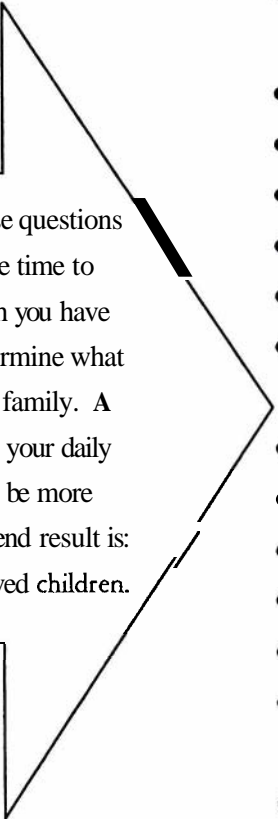
During this month we will be sending out our semi-annual proctor and youth surveys. The purpose of these surveys is to monitor the quality of our services and be able to implement any necessary changes. Please fill them out and return them to the office as soon as possible.

THE PARENTING QUIZ

How do you describe the job of parenting? I looked for one word to describe the parenting job. I settled on 'intricate' when I read Webster's definition: something hard to understand because it's full of puzzling parts and details. I can think of no other job that requires you to be more flexible and open-minded or demands that you stay alert and focused day after day. As intricate and complicated as the parenting job is, not enough people spend time creating a 'parenting plan.' A parenting plan is figuring out in advance how you will handle misbehavior and discipline issues. The first step to this process is to find out what your strengths and weaknesses are. Once you recognize the areas where you are succeeding, and identify the areas where you need to make changes, you can focus on finding answers and learning new skills, and creating your own 'parenting plan.' The following quiz will help you locate your strengths and weaknesses in the current way you parent. Be honest and thoughtful.

Are each of these statements Usually True or Usually False?

- Our house is a gathering place for the neighborhood kids.
- My children have daily chores.
- Throughout the day, I give my child choices, instead of always giving orders.
- My children are in bed at the same time almost every night.
- My kids use "please" and "thank you" when they talk to me.
- I use "please" and "thank you" when I talk to my kids.
- My instructions tend to be brief and specific (I don't lecture).
- I don't give in to a child's nagging, whining and pleading.
- We have specific family rules and everybody in the family knows them.
- When I say it I mean it. My kids know this and they do as I ask.
- My kids clean up their own messes.
- Our family eats dinner together.
- I trust my children.
- I am consistent in the things that I say "no" or "yes" to.
- When a problem occurs, we address it, solve the problem, and then it's over.
- I compliment my children at least twice as often as I criticize them.
- I'm involved in school activities.
- The first things I say to my children in the morning are pleasant and loving.
- The last words I say to my children at night are pleasant and loving.
- I learn about parenting by reading books and articles, taking classes or by attending trainings/conferences.



The best answer to each of these questions is "Usually True." Take some time to ponder any statement to which you have answered "Usually False." Determine what changes you can make in your family. A good parenting plan will make your daily decisions easier and help you be more consistent with your kids. The end result is: calmer parents and better behaved children.

HOW TO FEEL BETTER ABOUT YOURSELF

1. Do what you can to: improve your appearance, eat healthy, exercise, bathe, take care of your skin and hair, see that your **clothing** is washed and ironed as necessary.
2. Try something new.
3. Identify and improve your skills.
4. Avoid doing **things that** make you feel guilty.
5. Learn to enjoy your own company.
6. Do not compare yourself with others.
7. When others, speak, listen and learn.
8. Know how to ask for favors **from** others and give them in return.
9. Be up-front about saying you like something or do not like **something** but in a way that **will** not hurt others' feelings.
10. Respect other **people**.
11. Say you're sorry when you have **wronged** someone.
12. Realize that drugs and alcohol can only give a false sense of confidence.
13. Always be honest with yourself and others.



Name some boundaries you have set for **yourself**:

One of the ways we can help ourselves to **develop** a good feeling of self-worth is **by** helping others. Name some **things that** you have done for others that have made you feel good about yourself.

Standing up for our family, friends, school, and country also gives us a **good** sense of self-worth. Name a time when you stood up for someone or **something**.

How do you feel the **people in** your life could help you feel better about yourself?

WHY GOD MADE MOMS

Answers given by elementary school age children to the following questions:

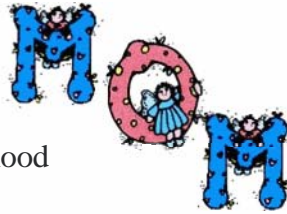
Why did God make mothers?

1. She's the only one who knows where the scotch tape is.
2. Mostly to clean the house.
3. To help us out of there when we were getting **born**.



How did God make mothers?

1. He used dirt, just like for the rest of us.
2. Magic plus super powers and a lot of **stirring**.
3. God made my mom just the same



Principles of Motherhood

1. The smartest advice on raising children is to enjoy them while they are still on your side.
2. Any child can tell you that the sole purpose of a middle name is so he can **tell** when he's really in trouble.
3. There are only two things a child will share willingly; communicable diseases and his mother's age.
4. Adolescence is the age at which children stop asking questions because they know all the answers.
5. Shouting to make your children obey is like using the horn to steer your car, and you get about the same results.
6. To be in your children's memories tomorrow, you need to be in their lives today.
7. Life's golden age is when the kids are too old to need **babysitters** and too young to borrow the car.
8. Avenge yourself--live long enough to be a problem to your children.

What ingredients are mothers made of?

1. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.
2. They had to get their start from men's bones. Then they mostly use string, I think.

Why did God give you your mother and not some other mom?

1. We're related.
2. God knew she likes me a lot more than other people's moms like me.

What kind of little girl was your mom?

1. My mom has always been my mom and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

What did mom need to know about dad before she married him?

1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer?
3. Does he make at least \$800 a year? Did he say No to drugs and Yes to chores?

If you could change one thing about your mom, what would it be?

1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my mom smarter. Then she would know it was my sister who did it and not me.
3. I would like her to get rid of those invisible eyes on her back.