



Newsletter

May 2008

Parenting Tips: Surviving the Teen Years

Love Abundantly

The most important thing you can do is love your children and show that you really care about them. Even when preteens are acting 'unloveable' or saying they don't need to be loved, they still need you to show your love.

Such love gives them a sense of security and belonging.

Discipline constructively

It is also important to give clear directions and set limits on preteens and teen's behavior. 'Say what you mean, and mean what you say.' Children get the message when you set up a few simple rules, spell them out clearly in advance, and enforce them consistently.

Teach Right From Wrong

When you actively teach your children basic values and good manners, they are more apt to identify right from wrong when they are away from you. Most important of all is the example you set for your children. Children tend to 'act out' what they see at home.

Offer Guidance

When your children have a problem and you want to offer guidance, be brief - it's not necessary to make a

speech. Also, make it clear that you expect them to think through problems and come up with answers themselves.

Really Listen

When you listen, you also encourage your children's expressions of feeling - both good and bad - without fear of judgment or losing your love.

Spend Time Together

Setting aside time together for parent-child activities is important. Find time to talk with one another. Teach your children practical skills and plan shared family activities.

Develop Mutual Respect

It's important to be polite, apologize when you are wrong, show interest in your children's activities and be willing to trust their judgment. In return, you deserve your children's respect.

Be realistic

As your children reach their teen years, outside influences and peer pressure increase dramatically. During those years they need opportunities to make some choices and making choices helps them grow. They will make mistakes and they will learn from their mistakes.

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SPENDING TIME WITH A TEEN

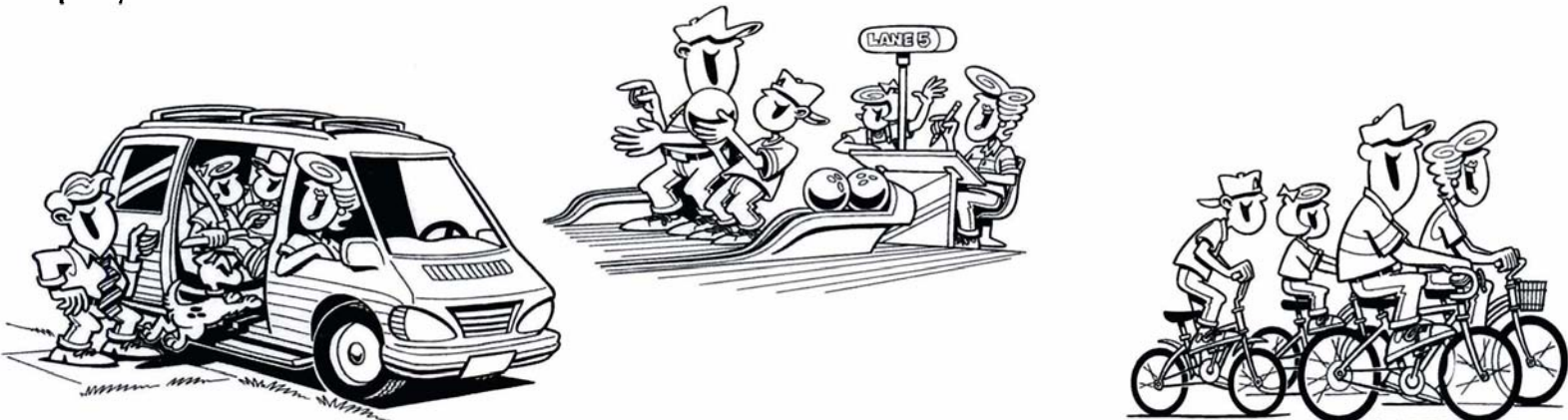
The best place to get stellar ideas for spending time with a teenager these days is as simple as merely asking them. A recent on-line poll did exactly that and some of the responses from teenagers might surprise us all for their honesty and simplicity. In the end it was all about spending quality time together and maximizing these opportunities to talk, hang out, and get to know one another. It could be as simple as any daily activity or routine, talking, working in and around the house, going out for dessert, walks, games and sporting events...the list goes on. As long as these things were done and shared together, with mutual respect, reliability, consistency and attentiveness.

The secret for spending time with a teen is finding ways to do so and be involved with your teen and their world without intruding and or disregarding their sense of identity, freedom and independence.

Food for Thought

- ◆ Sometimes it is extremely hard amidst packed schedules and conflicting priorities, multi-tasking and running errands as we attend to our daily lives to lose sight of the extreme importance of connecting and spending time with a teenager. It is tough to find the time to be sure but the importance of making time for them can not be over-emphasized.
- ◆ Be aware of the influences, activity and trends from the world of the teenager, take a keen interest in their activities, hobbies, likes and dislikes, let them know you care and that you understand what they deal with day to day.
- ◆ Later try and find an opportunity to discuss the experiences you shared together - it is still all about making connections.
- ◆ Support Activities, listening, attending extracurricular activities (games, concerts, etc.), and getting to know friends.
- ◆ Shared activities, assistance with homework, playing sports, camping, fishing, etc.
- ◆ Discussing TV, movies or books
- ◆ And most of all: Take the time to spend with a teen to encourage, support and develop talents, be sensitive and notice problems and needs, show respect and care.

The more you have in common, the most likely teens will take some of their time to talk and share their feelings, thoughts, doubts, and issues/problems openly with you - a very rewarding return of investment for spending quality time with a teen.



CBTS PROCTOR TRAINING

Wednesday, May 21, 2008

6:30 p.m.

220 East 3900 South #16

Topic: Emergency
Response/Preparedness



F.Y.I.



During the month of April we experienced another theft from the office of the petty cash used for weekly allowances. It is extremely disappointing that this time it involved one of the youth in the program. At this point we have determined it is no longer fisible for CBTS to have cash in the office. According to our contract with DCFS and DJJS it states: "The Contractor shall provide \$2.03 per day for each youth for clothing, hair care, allowance, and personal incidentals. A minimum of \$40.25 per month of the personal needs allowance shall be expended for clothing for the youth (the amount shall be prorated when the youth is in placement only a portion of the month). The contractor shall maintain records documenting disbursements and expenditures for each youth."

Beginning on the first payday in May (May 9th) proctors will receive a check for \$40.25 for the youth's clothing allowance and \$20.65 for the youth's personal allowance. This breakdown is figured out by multiplying $\$2.03 \times 30$ days in April = \$60.90 - \$40.25 for clothing = \$20.65. If the youth has not been in the home the entire month of April the amount will be prorated. Documentation of disbursement of the money will be included on the monthly clothing allowance ledger.

If there are any questions regarding this new procedure please direct them to Lori.



WE NEED YOUR HELP!

We need additional proctor parents...individuals, couples and families. If you refer someone and they complete training requirements and have youth placed in their home at least three months you will receive a bonus check of \$100.00.

Just making a simple suggestion such as having them check out our website (www.cbtsutah.com) in order to learn more about us would be a good start.

MAY IS NATIONAL FOSTER CARE MONTH

THANK YOU FOR MAKING A DIFFERENCE IN THE LIVES OF THE YOUTH WE SERVE.

Every day in America...

3 children die from abuse or neglect
6 children commit suicide
15 children are killed by firearms
342 children under 18 are arrested for violent crimes
1,407 children are born to teen mothers
2,833 children drop out of school
6,042 children are arrested
8,493 children are reported abused or neglected
100,000 children are homeless

When you are old, no one will remember what you did, Expect for:

- ♦ A child who has a life with a little more purpose and a lot more love,
- ♦ A child who would never have experienced an alternate 'safe family' except that you chose to be a foster parent.
- ♦ A child who has a job and pays bills because you taught them how to work.
- ♦ A child who completed school because you ensured that the homework was done.
- ♦ A child who treats their family with respect because you modeled dignity.

MOTHER'S DICTIONARY



Amnesia: Condition that enables a woman who has gone through labor to make love again.

Dumbwaiter: One who asks if the kids would care to order desert.

Full Name: What you call your child when you're mad at him.

Grandparents: The people who think your children are wonderful even though they're sure you're not raising them right.

Show Off: A child who is more talented than yours.

Verbal: Able to whine in words

Whodunit: None of the kids that live in your house

Independent: How we want our children to be as long as they do everything we say.

HOW TO KNOW WHETHER OR NOT YOU ARE READY TO BE A MOTHER...

Mess Test: Smear peanut butter on the sofa and curtains. Place a fish stick behind the couch and leave it there all summer.

Grocery Store Test: Borrow one or two small animals (goats are best) and take them with you as you shop at the grocery store. Always keep them in sight and pay for anything they eat or damage.

Feeding Test: Obtain a large plastic milk jug. Fill halfway with water. Suspend from the ceiling with a stout cord. Start the jug swinging. Try to insert spoonfuls of soggy cereal into the mouth of the jug, while pretending to be an airplane. Now dump the contents of the jug on the floor.

Physical Test: Obtain a large beanbag chair and attach it to the front of your clothes. Leave it there for 9 months. Now remove ten of the beans.

Final Assignment: Find a couple who already have a small child. Lecture them on how they can improve their discipline, tolerance, toilet training and child's table manners. Suggest many ways they can improve. Enjoy this experience. It will be the last time you will have all the answers.



"OK, Mr. Cynic! Twenty-two years and four kids later, it still fits! Pay up!"

PRS ACTIVITY



KEEPING CALM

Here is a list of things that some people do in order to help them to calm down when they recognize the feelings that go along with being angry. Choose three that you think might work for you and add any of your own that you have thought of or tried.

- ◆ walking away from the situation
- ◆ counting to ten
- ◆ talking yourself into feeling calm
- ◆ pretending to be somewhere else
- ◆ exercising
- ◆ have a special place to go
- ◆ have a special person to be with
- ◆ listen to music
- ◆ breathe deeply and slowly
- ◆ relax clenched muscles
- ◆ write in a journal

The three that I think I will try, are:

- 1.
- 2.
- 3.

Other things that I do to help me stay calm are:

FEAR

Most people do not realize that anger is produced by fear: fear that things won't turn out as you want them to, fear of a putdown, fear of someone not meeting your expectations. A strong person knows he has fears, knows what his fears are and tries to overcome them. Fear can be valuable and serves a purpose. After you have had an incident in which you have been angry, you should ask yourself these three questions:

1. What is is that I fear?
2. Am I expecting something that is not realistic?
3. Is this a control issue?

THE C.A.L.M. WAY TO HANDLE CONFLICT

One way of dealing with conflict with other people is to use the CALM method:

C Cool Down

Take some time to cool down and take control over your feelings

A Acknowledge Feelings

Take the time to acknowledge each persons feelings in the situation. Conflict can cause anger and this is ok. Feelings are normal, valid and healthy

L Listen and List

Listen to how the other person sees the problem and take turns to repeat back each others words to check for understanding. List your needs in this situation and allow the other person to list theirs.

M Make a solution

Make a solution that will meet both people's needs. Look for a win/win solution.

Think about a recent situation that you have experienced that had conflict. See if you can apply the technique above to this situation.

