

CBTS OCTOBER 2006 NEWSLETTER



Everyday Traditions

by Dionna Sanchez

"Making memories doesn't have to be elaborate or complicated. In fact, I think you will find that some of the most special memories created within your families are quite simple. The time you take to create traditions and rituals **within** your everyday environment as a **family..well**, it's those that really count and grow to be meaningful in the long run. Try some of these easy traditions to start making memories in your home on a daily basis.

- V Have special donuts or pastries on Sunday mornings.
- V Create a family game night.
- V Celebrate little milestones such as student of the month or a pay raise.
- V Visit a favorite campground or lake every summer.
- V Take your children out to breakfast on the first day of school each year.
- V Pick fruit at a local orchard as a family. Then go home and make a pie or some jam.
- V Make a habit of sharing everyone's high and low points for the day at the dinner table each night.
- V Leave notes on each other's pillows when you **know** someone has had a bad day.
- V Watch the same favorite movie as a family each year.
- V Rake leaves as a family and jump in them to celebrate fall.
- V Create a time each week to do a family chore together and then order pizza.
- V Plan a recreation time for your family at the same time each week and rotate who chooses the activity.

Why are traditions important:

- V *They help families come together.*
- V *They remind us of times together in the past.*
- V *They give children a sense of security and predictability.*
- V *They help our values and character span generations.*
- V *They remind families that love and continuity go hand in hand.*
- V *Traditions can be old and many are new.*
- V *Traditions give children something to anticipate, a perspective on time passing by.*

"Whenever you do a ritual, you are saying, 'No' to other activities, other people, and becoming an intentional family."

Rituals present certainty for **kids** who live in a sea of uncertainty. Having family rituals creates an opportunity for **your kids to feel secure and to create lasting memories.**"

CREATING FAMILY HOLIDAY TRADITIONS

Many of us grew up with traditions that we followed at the holidays. Time and location of family dinners, when and how to open **gifts**, or other holiday activities are some of the makings of holiday traditions. Times have changed and families have changed. There are often greater distances between relatives now compared to a generation ago. Extended family gatherings may not be possible on a yearly basis. In addition, the nuclear family itself has changed. The stereotypical mother, father, and two or more children is no longer a majority in our culture. There are now single mothers, single fathers, **step-parents**, visitation schedules, and sometimes legal guardians in the **mix**. Families may find themselves unable or unwilling to continue traditions that they may have followed in the past, but are left with an empty feeling with respect to the holidays.

While it is **recognized** that the composition of the nuclear family is changing, we can also change what we consider to be our extended family. Families that are geographically separated (or emotionally separated) from their relatives may want to 'adopt' close friends, neighbors, or co-workers into their extended families. This may provide the opportunity to establish new traditions with people that the family enjoys spending time with. It also provide the **opportunity** to create traditions that the family and the new extended family enjoy doing together.

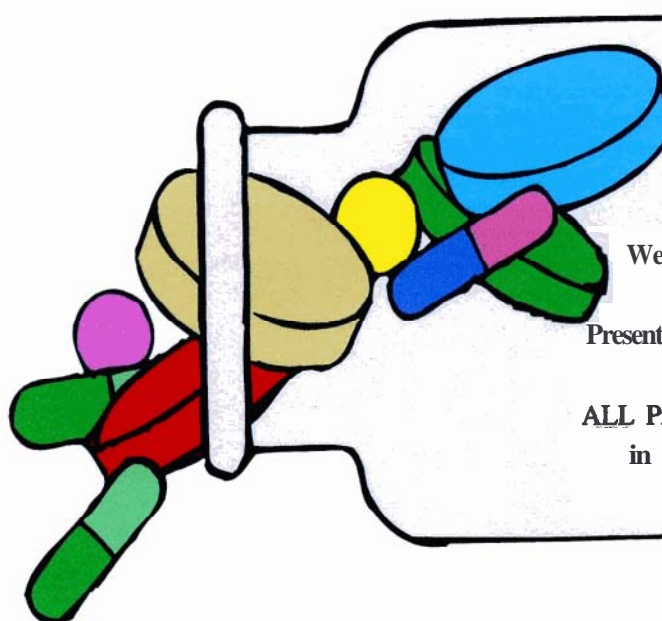
How do you create new traditions? It can be quite simple. Consider what kind of things you and your family like to do when celebrating the holidays. Be creative. Coming up with ideas can even be made a family project. Each family member can provide input on what they would like to do, and the ideas could be voted on, or some ideas could be combined, to develop the tradition. Given that the ideas are logistically and financially reasonable, try them. Be sure to keep in mind, however, that when creative people develop new things, they often make mistakes and then correct or compensate for these mistakes. Try not to be too disappointed if your **first try** at a new tradition is not just the right fit for you and your family. You may need to try a few different things or find tune the plans for a couple of years until you get the right mixture for a new, fun and happy holiday tradition.

Practical Ideas

- *Aim for a moderate number of traditions. Families with too few traditions have trouble staying unified. They **tend** to forget or ignore important **events** in family member's lives. Families with **too** many traditions, on the other hand, dilute the importance of each tradition.*
- *Establish new traditions. Parents should first identify a goal they want a new tradition to help them accomplish. Choose traditions that include every family **member** and are sensitive to the needs of all family members. Don't overwhelm the family with **new** traditions. Pick one or two and see how things **go**.*
- *Evaluate your traditions. To make sure your traditions are working for your family, it's a good idea **for** families occasionally to identify and evaluate traditions they already **have** and make plans to add new ones.*

Traditions promote a feeling of safety and security within the family by providing a predictable and familiar experience.

Effective traditions promote a sense of identity and a feeling of belonging.



**MANDATORY
PROCTOR TRAINING**

Wednesday, October 18, 2006
6:30 p.m.
Presenter: **Healthcare Pharmaceuticals**

**ALL Proctors are strongly urged to be
in attendance for this training!**



DCFS AUDIT

*On Wednesday, October 4 **DCFS** auditors will be conducting proctor home field visits. At this time we have **no idea** which homes will be selected for **review**. They will be checking **for** safety equipment (fire extinguishers, first aid kits, smoke detectors, **etc.**), locked medication boxes, secured hazardous **equipment**, knowledge of **skills** development, and other training requirements. We will **notify** you as soon as we are made aware if your home has been **selected**.*



DCFS Practice Model Training for Proctor Parents

Per our contract proctor parents are to complete the DCFS Practice Model Training. This is a 12 hour training which can also count toward the 30 hours of annual training required to maintain your proctor license. We need to RSVP as soon as possible in order to ensure there are slots available. The next time this training will be offered is:

January 16, 23, and 30, 2007
9 a.m. - 1 p.m. each day
1385 So. State Street #157

Let Lori know if you would be able to attend to attend this training.



LAGOON FRIGHTMARES TICKETS

We have tickets for **Frightmares** at Lagoon. The regular rate is \$25.95 + tax. The discount tickets we received are \$14.95 + tax for ages 3 and under and \$21.50 + tax for ages 4 and up. If you would like some tickets let either Lori or your specialist know.

BUILD YOUR TEAM

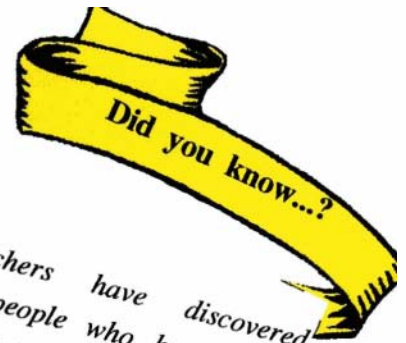
Parenting is not a solo 'sport.' Whether you're single or married you need people around you and your children who are supportive, affirming and encouraging during tough times. Needing a team isn't a sign of weakness or inadequacy. It's essential. **Seeking** advice, help and support from others gives you the ideas, encouragement, and positive reinforcement you need to be a good parent and care for yourself. But how do you build a strong **team** for you, your family and your children?

- Only 45% of **middle** and high school youth surveyed indicate that they have three or more caring adults (other than their parents) who they can turn to for advice and support about important questions in life.
- 71% of parents surveyed say it would really help them **as** parents to have other adults they trust spend time with their kids.
- Nearly 3 in 10 parents surveyed report no support **from** any source other than their spouse - not even from extended family. Nearly 60% have only one source of support other than their spouse.

Research shows that kids who can turn to three or more adults for advice and support are less likely to engage in high-risk behaviors such as underage drinking than those who have strong relationships with fewer adults.

Building your children's team

- Check in - Talk with your children about the adult family members who are already important to them (aunts, uncles, grandparents, **etc.**) **as well as** adults in the community and other places they spend time. **If** they don't know many adults, develop a plan together to expand their scope of contacts.
- Talk with caring adults - Encourage the adults you **know** and trust to spend more time with your children. Offer specific invitations for connections, based on mutual interests.
- Thank those who take time - Notice those adults who make special efforts to be there for your children. These may include teachers, youth leaders, extended family members, neighbors, **etc.**
- ♦ Encourage connections - Encourage your children to seek insights from other caring adults when they're facing important questions or decisions such **as** job, higher education, relationships or financial choices.
- ♦ Be smart- Keep your children safe by **asking** about their adult friends. Be sure you are comfortable with how they treat your child, their values and how they spend time together. Be extremely cautious about letting your children spend one-on-one private time with an adult who you do not know well.



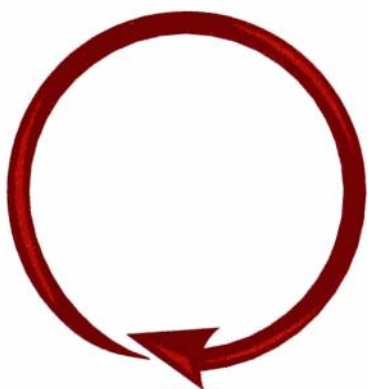
Researchers have discovered that young people who have other caring adults to talk with are:

- ♦ *Less likely to do risky things, such as use alcohol or other drugs or be sexually active.*
- ♦ *More likely to grow up successfully. Even children in abusive, financially stressed, chaotic, or otherwise difficult situations have better futures if they find at least one caring adult outside the home.*
- ♦ *Likely to think they can make a difference and that they matter.*
- ♦ *Better able to succeed in school.*

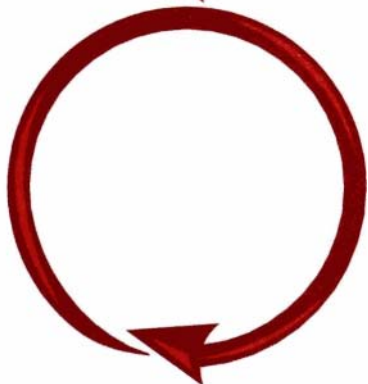
PSYCHOSOCIAL REHABILITATIVE SERVICES (PRS) ASSIGNMENT *(formerly known as SDS)*

YOUR GREATEST SUPPORTERS

Each of us can think of people who have been important sources of support for us. Sometimes we forget all the ways they showed their support. Think of two people who are or have been wonderful supporters for you. Write each person's name in the circle. Then think about the things they do or did for or with you. List in the rectangle some specific ways of showing support that are or were particularly important to you.



...showed me support by...



...showed me support by...

Reflecting on your memories...

- *What was it about the things these people did that made the support so significant to you?*
- *How have those experiences shaped the way you show care and support for others?*
- *What's one thing you could do that would honor the way your supporters made a **difference** in your life?*
- *If these people are still living, how can you thank them for the important role they played in your life?*

HALLOWEEN HUMOR



How do ghosts begin their letters?
"Tomb **it** may **concern...**"

What do you call a person who puts rat poison in a person's Corn Flakes?

A cereal killer

How do you know if a ghost is lying?
You can see right through him.

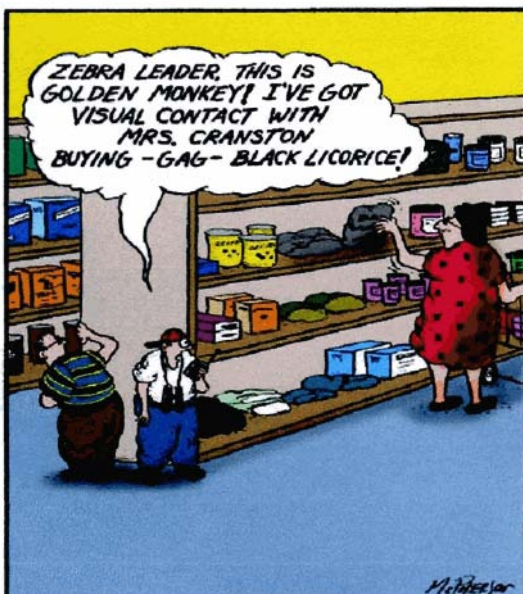
What has a black hat, flies on a broomstick, and can't see anything?
A witch **with** her eyes closed.

What do you call a skeleton who refuses to help around the house?
Lazybones

Why did **Dracula** take cold medicine?
To stop his coffin.

What happened to the guy who couldn't keep up payments to **his** exorcist?
He was repossessed.

What do you get when you cross Dracula with Sleeping Beauty?
Tired blood.



Every year, English teachers **from** across the country can submit their collections of actual analogies and metaphors found in high school essays. Here are last year's winners...

1. Her vocabulary was as bad as, like, whatever.
2. John and **Mary** had never met. They were like two hummingbirds who had also never met.
3. He fell for her like his heart was a mob informant, and she was the East River.
4. He spoke with the wisdom that can only come from experience, like a **guy** who went blind because he looked at a **solar** eclipse without one of those boxes with a pinhole in it and now goes around the country **speaking** at high schools about the dangers of **looking** at a solar eclipse without one of those boxes with a pinhole in it.
5. The plan was simple, like my brother-in-law Phil. But unlike **Phil**, this plan just might work.
6. **Even** in his last years, granddad had a mind like a steel trap, only one that had **been** left out so long, it had rusted shut.
7. Long separated by cruel fate, the star-crossed lovers raced across the grassy field toward each other like two freight trains, one having left Cleveland at **6:36** p.m. traveling at 55 miles per hour, the other from Topeka at 4:19 p.m. at a speed of 35 miles per hour.
8. His thoughts tumbled in **his** head, **making** and **breaking** **alliances** like underpants in a dryer without Cling Free.

With just three days until Halloween,
The kids of Maple Avenue had their
surveillance teams in place.