



## 13 PARENTING TIPS FOR RAISING TEENS

OCTOBER 2007

# CBTS NEWSLETTER

1. Give kids some leeway. Giving teens a chance to establish their own identity, giving them more independence, is essential to helping them establish their own place in the world. However, there is a limit though - going out with the wrong crowd is a whole other thing.
2. Choose your battles wisely. If your teen is doing something that is harmful to themselves or others - then it is time to intervene. Don't nitpick.
3. Invite their friends for dinner. It helps to meet kids you have questions about. That way you are not flat rejecting them and you can see how they are behaving around your children.
4. Decide rules and discipline in advance. Whether you ground them for a week, cut back on their allowance - whatever - set it in advance. Follow through.
5. Talk to teens about risks. Whether it's drugs, driving, or premarital sex, your kids need to know what can happen.
6. Keep the door open. Don't interrogate, but act interested. Share information about your day; ask about theirs.
7. Let kids feel guilty. Feeling good about yourself is healthy. But people should feel bad if they have hurt someone or done something wrong. Guilt is a healthy emotion.
8. Be a role model. Your actions - even more than your words - are critical in helping teens adopt good moral and ethical standards.
9. Try not to be defensive. When they make generalizations or critical remarks, don't take them personally. They are opportunities for discussion.
10. Set up and use family meetings. Get input from each person on rules, curfew, etc. as well as on the consequences of breaking rules.
11. Give lots of praise and feedback. They need to know you love them for who they are inside, as well as what they can do.
12. Give them responsibilities with every privilege; that's real life.
13. Teach them to make decisions and make them accept the consequences of each choice they make.

## *LOVE & CONNECT*

Teens need to have a connection. Support and accept your teen as they get older and more mature.

Strategies for parents:

- Compliment and praise your teen when you see they have done something well.
- Acknowledge the good times.
- Your teen will challenge your point of view. Discuss your ideas with your teen. It's okay to have a difference in opinion.
- Spend time just listening to what your teen is feeling, experiencing, etc.
- Treat each teen as a unique individual.
- Appreciate and acknowledge your teen's interests, strengths, humor, etc.
- Spend time together one on one and as a family.

## *GUIDE & LIMIT*

Teens need parents to have clear boundaries. These limits should protect family rules and help your teen grow and mature.

Strategies for parents:

- Keep two kinds of 'house rules.' The rules around safety can't be argued. The rules around household tasks and schedules can be discussed.
- Make clear standards that are high and also realistic.
- Choose your battles and let go of smaller issues.
- Teach teens with discipline, don't use it for revenge.
- Punishing teens should not hurt their bodies or feelings.
- Give your teen both more duties and choices as they grow into adults.

## *THE FOUR BASICS OF PARENTING ADOLESCENTS*

## *MONITOR & OBSERVE*

Teens need parents to know what is going on in their lives. Be aware of things like: how they are doing in school and what after school activities they do. Let them know you are aware of their activities.

Strategies for parents:

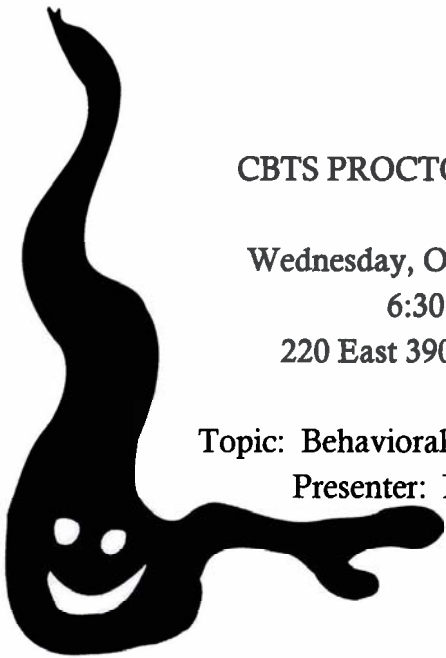
- Keep track of where your teen is and what they are involved in.
- Keep in touch with the other adults in your teen's life. They will let you know how he or she is doing when you are not there.
- Involve yourself in school events
- Stay on top of information about your teen's grades, job, etc.
- Learn and watch for warning signs of poor physical and mental health.
- Keep an eye on relationships your teen has in and outside of the home.

## *MODEL & CONSULT*

Teens need parents to help them make good choices and guide them while they grow older.

Strategies for parents:

- Set a good example by behaving the way you want your teens to behave.
- Model the kind of adult relationships that you would like your teen to have.
- Give teens truthful answers when they ask questions.
- Give teens the chance to use their own reason and make decisions.
- Share your opinions with your teen.



## CBTS PROCTOR TRAINING

Wednesday, October 17, 2007

6:30 p.m.

220 East 3900 South #16

Topic: Behavioral Intervention Skills

Presenter: Nick Renfro

### F.Y.I.

Our D.C.F.S. and Office of Licensing audit will take place during the month of October. It is imperative that all proctors are current with their licensing requirements which includes:

- ◆ annual BCI
- ◆ current CPR/1st Aid certification
- ◆ current automobile insurance
- ◆ annual conflict of interest completed
- ◆ annual cohabitation declaration completed
- ◆ annual medical form completed
- ◆ 50 hours/year training during your first year; 30 hours/year thereafter (if married, both must have training hours)

They may also inspect your home during the audit process. Some of the areas they will be checking include:

- ◆ cleanliness of the home
- ◆ working smoke detectors
- ◆ fire extinguisher
- ◆ first aid kit located in the home
- ◆ hazardous materials are locked up
- ◆ medication is locked up
- ◆ how alcohol in the home is monitored
- ◆ posted fire escape plans



If you have any questions regarding this information,  
please contact either Lori or Kim.

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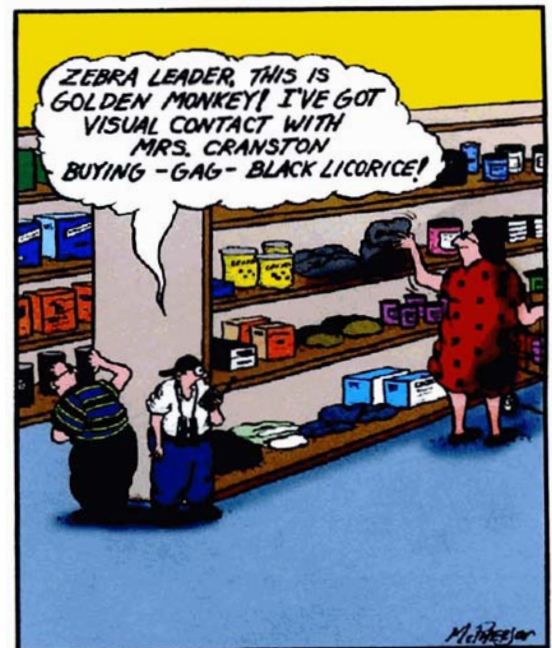


# HALLOWEEN RULES

1. When it appears that you have killed the monster, *NEVER* check to see if it's really dead.
2. Never read a book of demon summoning aloud, even as a joke.
3. Do not search the basement, especially if the power has gone out.
4. When you have the benefit of numbers. *NEVER* pair off and go it alone.
5. As a general rule, don't solve puzzles that open portals to Hell.
6. Do not take *ANYTHING* from the dead.
7. If you're running from a monster, expect to trip or fall down at least twice. Also note that, despite the fact that you are running and the monster is merely shambling along, it's still moving fast enough to catch up with you.
8. If your car runs out of gas at night on a lonely road, do not go to the nearby deserted looking house to phone for help.
9. Beware of strangers bearing strange tools. For example, chainsaws, staple guns, hedge trimmers, electric carving knives, band saws, or any devices made from deceased companions.
10. If you find that your house is built upon a cemetery, had previous inhabitants who went mad or died in some horrible fashion, or had inhabitants who performed satanic practices, now is the time to move in with the in-laws.



"Here it is, 144 Ingersol Road. It's got a one-star rating. In '94 they gave out celery, no one was home in '93, and in '92, their dog bit a kid on the head and ate all his candy."



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