



Making Parent-Teacher Conferences Work for Your Child

"A parent-teacher conference is a time when important people in a student's life talk about how that student is doing in school. It is a chance for you to ask questions about the class or your child's progress. It is also a time for you and the teacher to work together as a team to discuss ways you both can help.

Whether your child is in elementary, middle or high school, parent-teacher conferences are important. If your school does not schedule regular conferences, you can request them.

Getting Ready

There are some things you can do ahead of time.

First, talk to your child. Find out what he or she thinks are his or her best, favorite and least favorite subjects. Ask why. Also ask if there is anything you should talk about with the teachers. Make sure your child understands that you are meeting to help him or her. If your child is in middle or high school, you may want to include them in the conference.

Next, make a list. Write down the things you want to talk about. You might also list information about your child's home life, personality, concerns, hobbies and other things you feel the teacher should know that might help in working with the child.

The questions you ask during the conference can help you express your hopes for the child's success in class. The

answers should help you and the teacher work together to help your child. Following are some questions you may want to ask.

Questions regarding your child. What can I do to help my child with subjects they find difficult? How can I help my child study? Is my child trying as hard as he or she can? Does my child participate in class? Have they missed any classes?

Questions regarding the teacher's methods. How are you measuring my child's progress? What kinds of tests do you give? How can we work together to help my child?

Develop an action plan. You and the teacher should agree on specific plans that you both will work on to help your child. This is the most important part of the meeting. Set up a way to check on your child's progress. You and the teacher can decide how best to stay in touch, such as through phone calls, notes, etc.

After the Conference

Start on the action plan you and the teacher created. Talk about the plan with your child. Make sure your child knows that you and the teacher care. To see if the plan is working, watch your child's behavior, check on all class work and homework, and stay in touch with the teacher. Meeting with the teacher can and should build strong parent-teacher partnerships."

Staying Focused on Schoolwork

Learning how to focus and get something done is about more than just good grades - it's the foundation for success in life. Mastering the skills of getting organized, staying focused, and seeing work through to the end will help in just about everything you do.

Get Organized

Organization is the first step. It makes everything else a little easier. Keep your assignments and class information together in binders, notebooks, or folders that are organized by subject. If you find yourself stuffing loose papers in your bag, or grabbing different notebooks for the same class just because they're close at hand, it's time to stop and regroup. Take an evening to get things organized again. Whatever you choose, your system has to work for you. If it doesn't, change it until you find what does. It's a great way to learn about yourself and what works for your needs.

Set Deadlines

At the beginning of each semester, make a calendar of due dates. Be sure you know what the main assignments are and what format they will take (a report, presentation, group project, etc.) Set clear goals. Include non-academic commitments on your calendar, such as team practices, rehearsals, etc.

Set Your Space

You need a good workspace--someplace clean and orderly and quiet enough to focus. It helps to have a specific place that's set aside for homework so that when you sit down, your mind knows you're there to work and can help you focus more quickly.

Stay Focused

One way to keep your concentration is to take breaks--but make sure they're scheduled ones. Building a 15 minute break in after 45 minutes of studying can help your mind stay fresh and focused. Get a change of scenery by leaving the room you've been working in. Just make sure you get back to your studies when your 15 minutes are up.

Get It Done!

In summary, here's a quick checklist of things that can help you focus:

- ◆ Do know your deadlines.
- ◆ Do make a calendar of assignments and final due dates.
- ◆ Do include social events on this calendar for time management.
- ◆ Do understand the assignment and expectations.
- ◆ Do give yourself a quiet place to study with all the materials you need.
- ◆ Do give yourself brief breaks.
- ◆ Don't put work off until the last minute; you'll be too frantic to focus.
- ◆ Don't do your homework late at night or in bed.
- ◆ Don't let yourself be bored; find the aspect of the project or paper that interests you.





CBTS PROTOCOL FOR RESPITE CARE

Respite Care is defined as a temporary relief from a situation and/or a short-term placement for an individual. CBTS supports respite care when other alternatives are unavailable. However, when respite care is utilized several factors are taken under consideration.

These factors are:

- 1) The disruption of treatment which may be caused
- 2) Determining the best setting to meet the needs of each youth
- 3) Assessing the phases and realms each youth are working within

In order for CBTS to accurately meet these needs it is extremely paramount on the proctor parent to notify their program specialist immediately. Respite Care must be planned no later than two weeks in advance barring family emergencies. This time frame will allow a healthy process to occur by alleviating any distress or anxiety the youth may feel with moving proctor homes.

SEPTEMBER EVENTS/ACTIVITIES

August 26 - Oct. 8 Oktoberfest at Snowbird
12:00 - 6:00 p.m. Free admission Crafts, Food, Kids Activity Area

September 7-17 Utah State Fair
Discount tickets are available at Smiths. Thursday, September 7 admission fee is only \$2.00. September 11 children 12 and under are free also purchase one all you can ride carnival wristband and receive one free.

September 8 - 10 Folk Fest 7400 S. Redwood Road
Car Show, Music, Folk Dancers, Children's Rides/Games, Food
Free Admission

September 8 - 10 Greek Festival 279 South 300 West
Admission \$3.00 - Food, Demonstrations, Entertainment

September 16 Jordan River & Parkway Cleanup
Volunteers are needed to help clean up the parkway. Meet at 8:00 a.m. for breakfast - work from 9:00 - 12:00 - lunch will be served also.



The Ten Most Important Talks to Have with Your Children

1. Your Family's Values

First, as a parent, establish the guiding principles that you'd like your children to follow. After doing so, set aside a time and tone for a conversation with the rest of your family. Set family rules that relate to your values, and post them on the refrigerator as a reminder.

2. Attraction and Love

This is a very sensitive issue for kids. Children begin to feel attracted to others as early as five years old. Continue to talk to your kids about their feelings of attraction throughout each stage of their childhood.

3. Sex

Parents often avoid having the 'sex talk' because they are afraid to field questions about their own sex lives. Every parent should be prepared with responses to their kids' questions, based on family values. Use your best judgment in deciding what's age-appropriate.

4. Puberty

As a child begins puberty, she/he sees changes and often doesn't feel good about it. Don't assume a child knows what puberty means.

5. Trust & Honesty

Stress the importance of honesty to your child. Help your child understand what would happen if nobody honored their commitments.

6. Healthy Relationships

Helping your child to be a good friend begins with you. By learning how to have healthy relationships, children will be better prepared for more complicated relationships when they are older.

7. Boundaries

You can teach your child to respect personal space and claim her own at an early age. Teach your child that she has a right to her own privacy and how to respect the privacy of others.

8. Alcohol & Other Drugs

Here are three questions you need to ask both yourself and your child:

- 1) What are some good decisions you've made?
- 2) What are some bad decisions you've made?
- 3) How would alcohol and drugs affect those decisions?

Be prepared with how you'll answer these questions to your child.

9. TV, Movies and Music

10. What's Online?

Not just about sex and violence, numbers 9 and 10 are about the millions of messages children receive each day through the media and in our culture. Each of these messages are an opportunity for you to teach your child about your values.



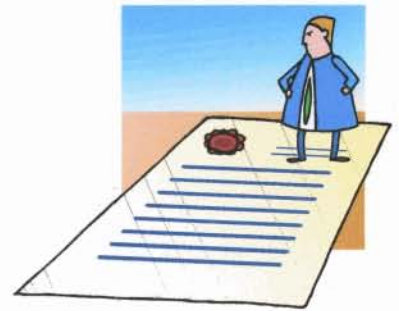
BEHAVIOR CONTRACTS

Teen behavior contracts are formal written agreements on behavior expectations between a teen and a parent and/or school counselor. Behavior contracts have several advantages for teens and their parents. For teens, behavior contracts make both the rules and the consequences of breaking the rules clear and can help develop habits of good behavior. Parents find that behavior contracts help them to be consistent with rules and discipline, and provide an opportunity to talk straightforwardly with their teens about important subjects such as drugs and alcohol, dating and driving.

Behavioral contracts are effective with many teenagers, including those with antisocial, disruptive, or delinquent behavior. Behavior contracts are especially good for teens with past or current behavior problems, as well as for troubled teens with physical or mental disabilities. Behavior contracts have been used successfully with teens who have problems with drug or alcohol issues.

Behavior contracts need several components:

- ◆ A clear description of the good behavior expected from the teen
- ◆ What the positive consequences of the behavior will be.
- ◆ What the negative consequences of not performing the specific behavior will be.
- ◆ What the adults involved are expected to be.
- ◆ A clear plan to help the teen achieve the good behavior.



Some areas that may be covered by teen behavior contracts include:

- ◆ Performance or behavior at school
- ◆ Behavior at home, including treatment of other family members, language or doing chores
- ◆ Curfews
- ◆ Driving privileges
- ◆ Dating
- ◆ Clothing, tattoos, piercings, and other appearance issues
- ◆ Cell phone use
- ◆ Avoiding drugs and alcohol
- ◆ Extracurricular activities or how free time is spent

Consequences of breaking the conditions of the behavior contract should be clearly stated in the contract, and should be appropriate to the situation. Parents must be consistent in enforcing consequences or behavior contracts are ineffective. Consequences should include one or more of the following:

- ◆ No driving
- ◆ No dating or free time with friends
- ◆ No cell phone or phone privileges
- ◆ No television or computer
- ◆ Loss of allowance
- ◆ Writing an apology
- ◆ Writing a report about the rule that was broken

When setting up a behavior contract with a teen, parents should explain what the contract is and why it is important. Be very clear about the rules and the behaviors expected from the teen, and be sure that you can live with the consequences. Have a trial period, perhaps one month, to try out the behavior contract, then reevaluate it with the teen to see if it seems to be working. Always praise the teen for any improvements in his or her behavior.



CBTS STAFF LIST

Office: 268-4044

Fax: 263-0926

www.cbtsutah.com

cbts@xmission.com

Lori Nadeau, C.F.O./Co-Owner
Mobile: 634-5379

Carlos Serna, C.O.O./Co-Owner
Mobile: 558-4845

Kim Ontiveros, Program Supervisor
Mobile: 557-9023

Anna Lieber, Proctor Coordinator
Mobile: 557-7814

Sara Bannon, Proctor Specialist
Mobile: 558-5668

Kris Phillips, Proctor Specialist
Mobile: 502-5687

Nick Renfro, Proctor Specialist/Group
Coordinator
Mobile: 557-6327

Kim Sorensen, L.C.S.W.
Mobile: 949-8067



5th Annual Recovery Day

Utah's Recovery Day is an annual celebration for people in recovery and their families. It is also to educate the public that addiction is a treatable public health problem that affects us all.

Saturday, September 9, 2006

10:00 a.m. - 1:00 p.m.

Gallivan Center
239 South Main Street

Free Entertainment
Free Hot Dogs & Drinks
Children's Crafts & Games
Free Family Activities
Prizes & Giveaways
Information Fair

Sponsors include:

S.L. Co. Division of Substance Abuse Services
Asian Association
Big Brothers Big Sisters
Boys & Girls Club
Centro de la Familia
Cornerstone Counseling
Odyssey House
Spy Hop Productions
Valley Mental Health
Volunteers of America
Youth Services
Youth Support