



# CBTS NEWSLETTER

November 2016

## How to Teach Your Kids Gratitude

Gratitude is attractive. The grateful person tends to be happier, healthier, and more satisfied with their own life. They have an easier time forgiving others and helping others. They worry less and are less likely to get depressed or stressed. Sounds pretty good, right? Who wouldn't want to be grateful with that description? But gratitude doesn't just happen overnight. It's relatively easy to teach a child the habit of saying "thank you", it's much harder to help them develop the *virtue* of gratitude. While gratitude has to develop internally, parents can definitely help create conditions that encourage their children to develop this virtue.

**Teach good habits from a young age.** While habits of thankfulness differ from the virtue of gratitude, the two go hand in hand, and teaching children good habits can pave the way for a grateful heart.

**Make gratitude part of your family culture.** A grateful family sets the stage for children to naturally develop gratitude as they grow.

**Focus on other virtues.** Gratitude naturally gives rise to a number of other virtues. It also presupposes other virtues. Focusing on the virtues below can help your children develop the foundations they need for gratitude to take root in their hearts.

- **Love.** As mentioned, gratitude presupposes relationship. Helping your child develop strong relationships with family and friends empowers them to recognize all the good things they receive from people who love them.
- **Justice.** Teach your child to recognize what they owe other people. This will help them develop a sense of justice. When they establish a realistic understanding of what they are rightly owed as a result of their inherent dignity, they will be in a better position to recognize what is freely given to them, above and beyond what they have merited.
- **Freedom.** Gratitude can't be forced. Help your child understand that they are free to give and to receive.
- **Respect.** A person can only be grateful when they have a healthy level of self-respect, and a healthy level of respect toward the person they receive from.
- **Sincerity.** Gratitude is a sharing of a person's heart, and must therefore be rooted in a sincere openness toward others.
- **Generosity.** Greed, jealousy and envy crowd out gratitude by fostering a false sense of entitlement and superiority. Helping our kids to be generous and value good things other people have can help them make room in their heart for thankfulness.
- **Live a moderate, balanced life.** When our homes and lives get cluttered, it's easy to feel entitled and forget how much of what we have is gratuitous and unmerited. When a child counts on receiving whatever they want, whenever they want it, it's tough for them to be grateful.
- **Help others as a family.** Do some form of ministry and outreach, help neighbors, families and friends. Begin inside your own family, by helping each other. Doing good as a family gives others things to be grateful for, and can help your kids become more aware of things others do for them



## DO YOU NEED EXTRA MONEY TO PAY THOSE CHRISTMAS BILLS?

We NEED more proctor parents (individuals, couples and families) throughout various parts of Salt Lake Valley, Davis County and Tooele. We are offering the following referral incentive: If you refer someone, and they come in for the initial orientation interview, you will receive **\$25.00**. If they complete the initial licensing process, and are approved, you will receive an additional **\$25.00**. After they have remained with CBTS for three months (while taking placements), you will receive **\$350.00** bonus check! That's an extra **\$400..00/referral**.

Please have them contact Lori to get the process started!

## NOVEMBER FREE EVENTS

November 1	“The Christmas Project” 7:00 p.m.	Jordan Commons Tells the story of family traditions & learning it is better to give than to receive	9335 So. State Street
November 1	Vintage Dance Class 7:00 – 9:00 p.m.	Viridian Center For ages 14 and up	8030 So. 1825 W.
November 1	Grief & the Holidays 7:00 – 8:30 p.m.	U of U College of Nursing Coping with the loss of a loved one while keeping their memory alive during the difficult holiday season	10 So. 2000 E.
November 9	Understanding Transgender 7:00 p.m.	Utah Museum of Fine Arts A discussion about identity	410 Campus Drive
November 9	Teen Poetry Slam 4:00 – 5:30 p.m.	South Jordan Library	10673 So. Redwood Road
November 11, 12	Chocolate Extravaganza Classes, tastings, demonstrations	3500 So. 300 W. Must pre-register for classes	10:00 a.m. – 6:00 p.m. 801-268-3316
November 12	Handel’s Messiah 7:30 p.m.	Tabernacle at Temple Square Featuring Tenebrae, BYU Singers, Concert Choir & Baroque Ensemble for 8 years of age and up Free tickets are required Call 801-570-0080	50 W. North Temple
November 14	A Night on Broadway 7:00 – 9:00 p.m.	Viridian Center	8030 So. 1825 W.
November 18, 19	Bells on Temple Square 7:30 – 9:00 p.m.	Tabernacle For ages 8 and up Free tickets are required]\	50 W. North Temple
November 19	Family Tree Printmaking 1:00 – 4:00 p.m.	Utah Museum of Fine Arts Create your own relief print	410 Campus Drive
November 26	Utah Voices 7:30 p.m.	Tabernacle at Temple Square	50 W. North Temple



We will be having our Office of Licensing audit on November 22 - 23. This means our licensor, Michelle Pierson, may be coming to your home to make certain you have all of the necessary licensing requirements in place. We will let you know if she has chosen your home as soon as we can. If you have any questions regarding the things she will be checking on, please let us know.



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F.Y.I.

We have some computers that were given to us. They are approximately five years old. You would need to have a Microsoft Windows disc to upload. If you are in need of a computer for the youth in your home to use, please let Lori know. First come - first served!!

### BEST WISHES!

Kim Ontiveros has taken on a new position with DJJS as a supervisor at O&A. She had been with CBTS since 1997 and her support and efforts in working with youth, proctor parents and families was outstanding. She will be missed but we know she will continue to be a strong advocate for CBTS. We wish her well in this new chapter in her life!







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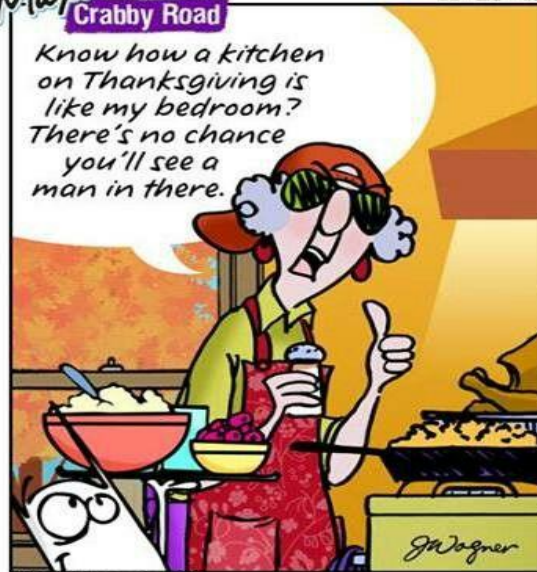


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**Maxine's  
Crabby Road**

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This year we're having a Stress-Free Thanksgiving dinner. I stuffed the turkey with prozac.





## 30 Days of Gratitude

1. Bake someone special a batch of their favorite cookies.
2. Send your best friend some good old-fashioned snail mail.
3. Brainstorm a creative way to show someone how much you love them.
4. Leave a note of encouragement in a public place.
5. Give your parents or caregiver a gift that expresses your gratitude.
6. Go out of your way to help a stranger out. Give someone a hand with their groceries or assist someone in a rush!
7. Leave a box of candy on a co-worker's desk. Remind them how much they rock!
8. Wrap grocery store blooms in pretty paper and drop them on a friend's doorstep.
9. Buy coffee for a stranger behind you in line.
10. Write a thoughtful letter to a loved one. Tell them just how grateful you are for their presence in your life!
11. It's Veteran's Day! Give back to a Veteran in your neighborhood.
12. Drop off a donation at your local homeless shelter.
13. Call a grandparent just to say hello.
14. Surprise your partner or friend with an unexpected home-cooked meal.
15. Cook something delicious for a neighbor, even if you don't know them too well.
16. Volunteer at a soup kitchen.
17. Leave your postal workers a surprise in the mailbox.
18. Wait a few extra seconds to hold the door for someone.
19. Feed someone else's meter!
20. Make your favorite fall dish and bring it to a local soup kitchen.
21. Rake a neighbor's leaves. Or, if there's already snow where you are, shovel someone's driveway!
22. Send a care package to a faraway friend.
23. Live with a roommate or significant other? Spend some time making your place extra clean. You'll both appreciate it!
24. Give up your seat on the bus or subway to someone.
25. Give a stranger a genuine compliment (and a smile!).
26. Give your pet some extra love (or a special treat!).
27. Happy Thanksgiving! Write a note for each person at your dinner telling them why you are thankful to have them in your life.
28. Bring some color to someone's life who has been down in the dumps.
29. Treat your co-worker to lunch.
30. Make a list of everything you're grateful for this year!

#GGgratitude

## 11 Ways to Raise A Grateful Child

1. Tell him thank you.
2. Let him hear you say thank you.
3. *Don't give her everything she wants.*
4. Provide her with opportunities to earn the things she wants.
5. Keep rewards reasonable.
6. Call her out when she's unappreciative
7. *Give back to the community.*
8. *Help your child see the need around her.*
9. Teach your child about developing countries.
10. Incorporate daily gratitudes into your family's routine.
11. *Write thank you notes.*



## Things to be Grateful For

With the hustle, bustle, and stress of everyday life, it's easy to become fixated on big-picture worries and take for granted all the little facets of life that deserve appreciation and can be a major boost to your overall happiness. Here are some things to be grateful for all year long.

1. You're alive and breathing.
2. You're able to read this.
3. You have someone (or multiple someone's) that you consider a best friend.
4. Your pet(s) love you unconditionally.
5. You have a job.
6. Mornings you can sleep in.
7. Maintained connections with long-distance friends.
8. Holiday memories from past years.
9. Future life events to look forward to.
10. Your bad days. (They make the good days better.)
11. The people you love.
12. The lessons you learned this year.
13. You're not the same person you were this time last year. You've grown.
14. The food on your table.
15. The moment you finally see someone you've missed.
16. The song that always makes you feel better.
17. The people in your life who always make sure you're getting home safely.
18. People who have forgiven you.
19. Good hair days.
20. Home-cooked meals.
21. Good conversation.
22. Heating.
23. Good health.
24. That hair grows back after a bad haircut.
25. Kind people
26. Your individual talents.
27. Being able to buy something you've been saving up for.
28. Friends who have stuck around through your toughest times.
29. Family traditions.
30. Everything you have yet to learn but will



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Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

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