

CBTS NEWSLETTER

December 2016

CHRISTMAS TRADITIONS

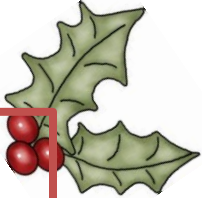


FRUGAL AND FAMILY-ORIENTED CHRISTMAS TRADITIONS

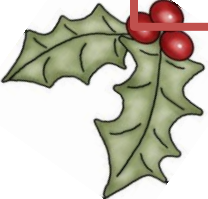
- Make decorations for your house and the Christmas tree as a family. Gather nature items outside and make them into a garland for the tree. Make Christmas ornaments together.
- Get in the kitchen and make Christmas cookies or candy as a family, then take a few plates to neighbors and sing Christmas carols while you're at it.
- Attend a free/cheap concert or play at your local school or church each year.
- Go sledding, build a snowman, or have a snowball fight.
- Read Christmas stories from the library or have Mom and Dad talk about memories of Christmas from the good ol' days.
- Have a fun sleepover a few nights before Christmas in front of your lit tree. Watch a Christmas show, read Christmas stories, or listen to Christmas music.
- Have a gingerbread house or cookie decorating contest.
- Talk about the most significant event that happened to your family this year and how that has helped you grow closer.
- Write special memories from the past year and keep it in a Christmas box that you open each Christmas to see how you have changed over the years.
- Write a family Holiday letter and then send it to loved ones.
- Require that all gifts be homemade and be sure to draw names so each person is only focused on making one gift.

MEANINGFUL FAMILY TRADITIONS

- Do the 12 days of Christmas for a family in need.
- Serve the homeless at your local shelter.
- Drive around and look at Christmas lights
- Purchase a few toys and donate them to Toys for Tots.
- Volunteer at a local senior citizens center. Make cards, sing songs, or just visit with the elderly for an evening.
- Make a dinner for a family who needs it and take it to them on Christmas Eve or Christmas Day.
- After all gifts have been opened, ask everyone to gather at least 3 things they no longer want that they can put in a bag and give to charity.



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 **\$300.00** bonus check! That's an extra **\$350.00/referral**. Please have them contact Lori to get the process started!

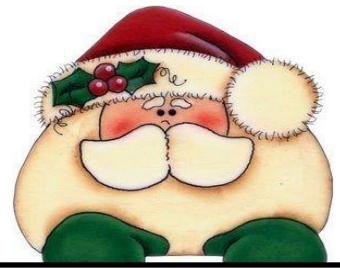


JOYOUS SEASON PAYMENT

Joyous season payments should be here in time for the December 15th pay period. The amount will be \$65.00. This payment is to assist you in purchasing gifts for the youth in your home and to assist them in purchasing gifts for others. If you feel they need to be linked with other supports, such as Sub-for-Santa, please contact their caseworker as soon as possible.

Winter Bucket List

1. GO LOOK AT CHRISTMAS LIGHTS
2. HAVE HOMEMADE HOT CHOCOLATE
3. BAKE CHRISTMAS COOKIES TOGETHER
4. BUILD GINGERBREAD HOUSES
5. LIGHT A FIRE
6. HAVE A PAJAMA DAY
7. HAVE A "NO SCREEN TIME" DAY
8. TAKE A PHOTO WITH SANTA
9. WATCH A CHRISTMAS MOVIE
10. WRAP CHRISTMAS GIFTS
11. MAKE S'MORES
12. GO EAT AT A FAVORITE RESTAURANT
13. GET SOME CHRISTMAS BOOKS FROM THE LIBRARY
14. READ LUKE, CHAPTER 2, VERSES 1-20
15. HAVE BREAKFAST FOR DINNER
16. BUY CHRISTMAS GIFTS FOR A CHILD IN NEED
17. START AN ADVENT CALENDAR
18. MAIL CHRISTMAS CARDS
19. GO TO A LOCAL CHRISTMAS FESTIVAL
20. HAVE A CHRISTMAS MUSIC DANCE PARTY
21. HAVE A PICNIC BY THE CHRISTMAS TREE
22. MAKE AN ORNAMENT OR CHRISTMAS DECORATION
23. WEAR CHRISTMAS PAJAMAS
24. DO A RANDOM ACT OF KINDNESS
25. MAKE THE HOUSE SMELL LIKE CHRISTMAS



CBTS

*220 East 3900 South
#16*

SLC UT 84107

(801) 268-4044

www.cbtsutah.com

Lori Nadeau, Owner

Mobile: 801-634-5379

cbts@xmission.com

*Liz Mavor, Proctor
Program Supervisor*

Mobile: 801-558-5668

emavor@xmission.com

*Chandreyee Johnson,
Intern/Specialist*

Mobile: 801-499-2706

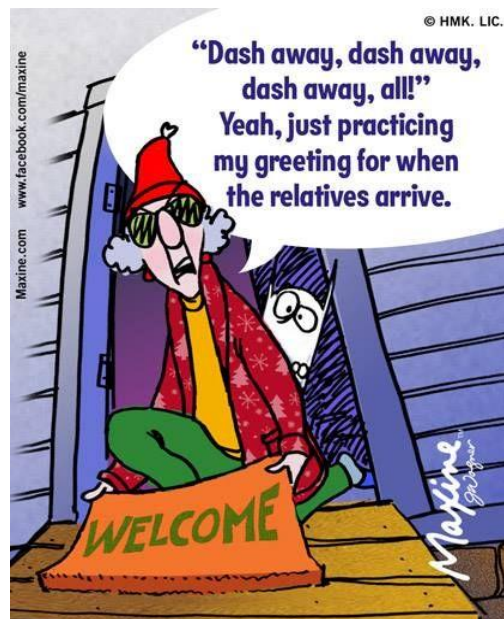
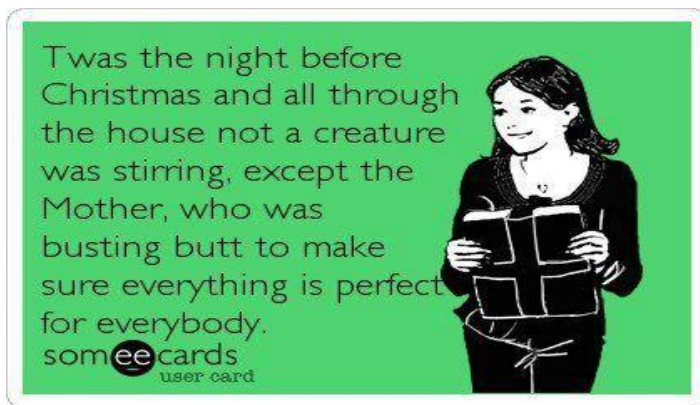
ccjohnson@xmission.com

*Brittani Neto, LCSW
Clinical Supervisor*

FREE DECEMBER EVENTS

December 1-3	Christkindlmarkt 11:00 a.m. – 8:00 p.m.	This is the Place Heritage Park Holiday entertainment	2601 E Sunnyside Ave
December 2	Light the Night Tree lighting ceremony, hayrides, Santa	1600 W. Towne Center Dr.	6:30 – 8:00 p.m.
December 3	A Visit From St. Nick 12:00 – 2:00 p.m.	Viridian Center Light refreshments	8030 So. 1825 W.
December 3	West Jordan Arts Council Christmas Celebration Viridian Center Band, symphony, choir, theater, visual and literary arts	8030 So. 1825 W.	6:00 – 8:00 p.m.
December 4	Hanukkah Market Entertainment, local vendors	2 No. Medical Drive	12:00 – 6:00 p.m.
December 5, 12 19	Christmas Classics Movie Series 7:00 – 9:00 p.m.	Viridian Center	1355 W. 3100 So.
December 5	Holiday Sing-A-Long Santa will be there	13011 So. 6000 W.	6:30 – 8:00 p.m.
December 5	Beehive Statesmen Barbershop Chorus Christmas Show Utah Cultural Celebration Center	1355 W. 3100 So.	7:00 p.m.
December 9	Taylorsville/SLCC Symphony Orchestra Concert Bennion Jr. High	7:30 p.m.	6055 So. 2700 W.
December 12	Winter Concert Featuring Bonnie Harris 1355 W. 3100 So.	Utah Cultural Celebration Center 7:00 p.m.	
December 19	Winter Concert Series Featuring West Valley Symphony Utah Cultural Celebration Center	7:00p.m.	1355 W. 3100 So. Christmas sing-a-long
December 20	Salt Lake Avenues Community Choir Holiday Concert 1375 E. Presidents Circle	Libby Gardner Hall U of U	7:30 p.m.





Foster Care & the Holidays



The stockings are hung, by the chimney with care, in hopes that...In hopes of what? For many children who have been placed into the foster care system, they have come from homes where there was no Christmas, there was no hope. They have come from families that did not celebrate a holiday. They have come from environments where there were no presents, no tree. They have come from homes where there was not holiday joy or love. During this time of Holiday Cheer, many foster children are faced with the realization that they will not be “home for the holidays,” so to speak, with their biological family members. When they wake up Christmas morning, and are surrounded by people who just may be strangers to them, strangers who are laughing and having fun, it can be a very difficult time for them, indeed. To be sure, it is a day that is a stark reminder to these children that they are not with their own family. It is during the holidays when families are supposed to be together, yet these children in care are not.

Along with this, foster children also struggle with trying to remain loyal to their birth parents while enjoying the holiday season with their foster family. There are those moments when a child from foster care may feel guilty for experiencing joy and laughter with their foster family, they may feel that they are not only letting their birth mother or father down, they might even be betraying their birth parents and member of their biological family, causing even more grief, guilt, and anxiety within the child during this season of holiday joy. Indeed, this can be a very emotionally stressful time for all involved.

Foster parents can best help their foster child by spending some time prior talking about the holiday. Perhaps the holiday being celebrated in their new home is one that their birth family never celebrated, or is a holiday that is unfamiliar with them. Let the foster child know how your family celebrates the holiday, what traditions your family celebrate, and include the child in it. Ask your foster child about some of the traditions that his family had, and try to include some of them into your own home during the holiday. This will help him not only feel more comfortable in your own home during this time, but also remind him that he is important, and that his birth family is important, as well.

More than likely, your foster child will have feelings of sadness and grief, as he is separated from his own family during this time of family celebration. After all, he is separated from his family during a time that is supposed to be centered AROUND family. However much you provide for him, however much love you give to him, you are still not his family. You can help him by allowing him to talk about his feelings during the holidays. Ask him how he is doing, and recognize that he may not be happy, nor enjoy this special time. Look for signs of depression, sadness, and other emotions related to these. Allow him space to privately grieve, if he needs to, and be prepared if he reverts back to some behavior difficulties he had when he first arrived into your home. You may find that he becomes upset, rebellious, or complains a lot.

You can also help your foster child by sending some cards and/or small gifts and presents to their own parents and birth family members. A card or small gift to his family members can provide hope and healing for both child and parent, and help spread some of the holiday cheer that is supposed to be shared with all.

If you have family members visit your home, prepare your foster child for this beforehand. Let him know that the normal routine in your home may become a little “crazy” during this time, that it may become loud, and describe some of the “characters” from your own family that may be coming over to visit. Remind your own family members that your foster child is a member of your family, and should be treated as such. This also includes gift giving. If your own children should be receiving gifts from some of your family members, your foster child should, as well. Otherwise, your foster child is going to feel left out, and his sadness and grief will only increase. Be prepared, though, for some in your family not to have presents and gifts for him. Have some extra ones already wrapped, and hidden away somewhere, ready to be brought out, just in case.

Wrap empty Pringles cans with wrapping paper and use for gift container for cookies.



Paint wooden square blocks and wrap with burlap or ribbon –attach a tag to look like a Christmas gift.



Paint ornament white (or use white ornament) and add snowman face. Attach ribbon and hang on your tree.

