

CBTS NEWSLETTER



February 2017

PARENTING TIPS

Playing the role of parent is not an easy job. There are several times when you may feel you have failed completely as a parent. But all these ups and downs are a part of being 'parent'. A healthy relationship between you and your child is significantly important as it decides your child's further actions in life. There is no standard rule for parenting, nor such set criteria to know how to be good parents. Nevertheless, there is no harm in learning and improving over the period. Here are some tips on parenting:

1. YOUR CHILD-YOUR SOURCE OF PRIDE:

You should always be grateful for having your child. It is imperative to know that there are so many people who may not have the opportunity of having this privilege. They might exchange anything in their life to become a parent. Feel fortunate and make your child feel the same.

2. NEVER EVER COMPARE:

It is a crime to compare your children with anyone. Be it their friends, siblings, cousins or even peers. One should understand that every child is unique and special. A child can have his/her own dreams and ambitions and it is the duty of parents to respect their aspirations. If a child is treated inferior in comparison to others, he/she gradually becomes a victim of inferiority complex and loses self-confidence.

3. BE A PARENT WHEN YOU HAVE TO:

It is said that one should be like a friend to your child. But this should never stop you from being a parent. As a parent you should not ignore their mistakes or overlook their wrong decisions. Just like a parent does, you should guide them about what is wrong and what is right. Don't be afraid that if you reprimand your child, he/she might get angry with you. It is better to handle that temporary anger than handle a child who has gone a wrong way. =

4. REMEMBER HOW OLD YOUR CHILD IS:

It is essential that you change your parenting style as and when your child grows older. It is a mishap if you treat your teenage child as a toddler. Helicopter parenting is good when your child is an infant, but if you continue this when he gets older; it is surely going to backfire. With increase in age, every child urges for independence. As a parent don't overlook this need of your child and give appropriate space.





5. YOUR ACTIONS SPEAK LOUDER THAN YOUR WORDS:

There are so many parents who say goody-goody things to their children, but hardly follow what they preach. This is the biggest mistake a parent can commit. Because your child will seldom follow what you say, but definitely follow what you do. So be careful when you act before your children. They are fast learners and easily grasp what you do.

6. MAKE THEM FEEL IN SAFE HANDS:

Your child should feel the safest in company of his parents. Never create a hostile environment at home. Children are often afraid of arguments or bickering between parents. Your kid may not only learn to argue in the same manner, but the sense of security gets hurt. Meanwhile, make sure to teach him/her that individual differences can be sorted out in peaceful manner.

7. LISTEN, LISTEN AND LISTEN:

This is the most important and one of the best parenting tips to become a good parent. Always remember to have a dialogue with your children and invariably avoid monologues. To listen and understand their fears, doubts and anxieties often calms them. Being a parent you should make it a point to show interest in things your child do and also what they have to say. Thus if you show interest and empathize with him/her, there are chances he/she will confide in you whenever there is a problem, instead of going to friends or other people. Also it is necessary that if you want them to listen to you, you should listen to them.

8. ALWAYS EXPLAIN BEFORE ENFORCING:

Parents feel that it is their right to set the disciplinary rules and disobedience actions. But many a times they forget that a child also has a right to seek explanation for the same. You should not thrust your dos and don'ts upon your child without explaining him/her as to why they are necessary. Proper explanations of importance of rules and its repercussions can help a child to follow it more willingly and is less likely to overrule them. .

9. BE AN IMPORTANT PART OF THEIR LIFE:

When your child is an infant, you know everything about his life. But once they grow and become outgoing, you might get aloof. Don't let this happen forever. This does not mean that you have to be an interfering parent, but you can always be participative. As a responsible parent you should meet his teachers regularly, know his friends, understand his likes and dislikes, apprehensions and doubts, etc. The boundary between giving freedom and making them independent is thin, but as a parent you should try to create a balance and abide by the same.

10. CONSISTENCY IS THE KEY:

Being flexible is different and not opposite of being consistent. If you make rules for discipline and change them frequently, then you are neither flexible nor lenient, but inconsistent. Inconsistency in your words, ideas and actions can send wrong signals to your child and confuse them. Once you start diverging from them, kids may feel they are unimportant and take you as well as the set rules for granted. Under extreme conditions, if you change rules then it is called flexibility which is acceptable as well as a requisite necessity.



We NEED more proctor parents (individuals, couples and families) throughout various parts of the 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 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 a **\$300.00** bonus check. That's an extra **\$350.00** per referral!

Please have them contact Lori to get the process started!!

Be sure and check out our new website at www.cbtsutah.com. You can click on the training section and complete your quizzes online. Submit your answers and the information will come directly to us!

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





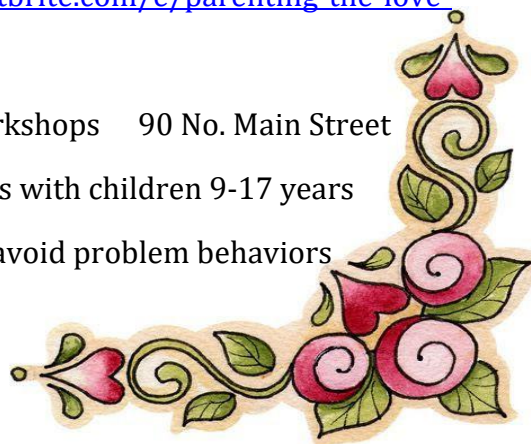
FREE FEBRUARY EVENTS

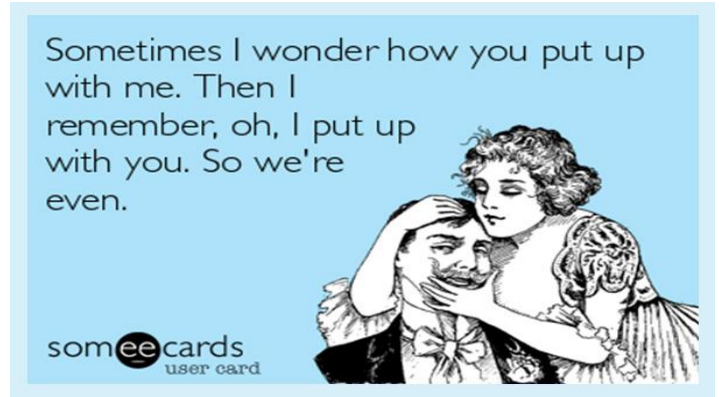
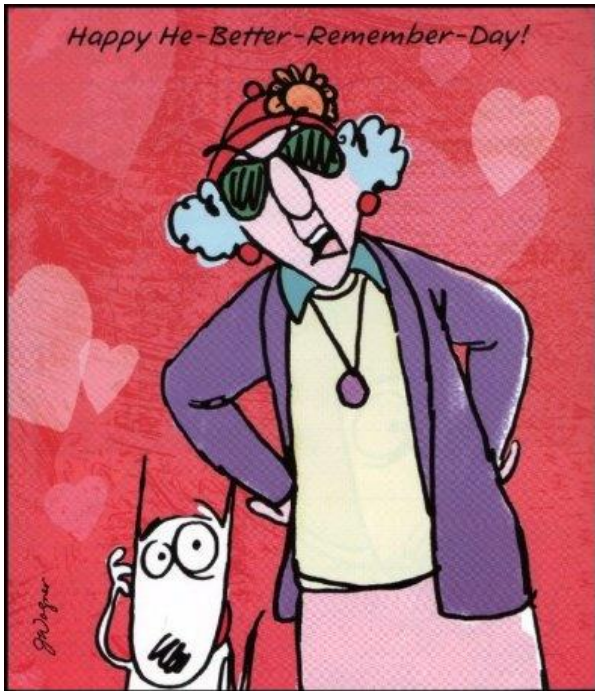
February 4	2017 Community Heart Fair	5121 So. Cottonwood St.	9:00 a.m.-1:00 p.m.
	Free screenings, healthy cooking classes, free family picture, fun kid's activities		
February 4	Chinese New Year Celebration	Cottonwood High School	5715 So. 1300 E. 7:00 p.m. Musical performances and dancers
February 7	Vintage Dance Class	Viridian Center	8030 So. 1825 W. 8-9:30 p.m.
	For ages 14 and older	No special clothing or partner required	
February 9	Night Star Orchestra	Gallivan Center	239 So. Main 7:30-9:00 pm.
February 11	Big Band Swing with the 23 rd Army Band	Viridian Center	7-9:00 p.m.
	8030 So. 1825 W.		
February 28	Utah Clean Air Fair	Trolley Square	11:00 a.m. – 4:00 p.m.
	Music, prizes, electric car show, booths, games, art displays		

Training Opportunities

February 7, 14, 21, 28 Love & Logic Viridian Center 8030 So. 1825 W. 6:15 – 8:15 p.m.
Must register in order to attend www.eventbrite.com/e/parenting-the-love-

February 2, 9, 16, 23 Guiding Good Choices Parenting & Family Workshops 90 No. Main Street
Tooele City Hall 7:00 – 9:00 For families with children 9-17 years
of age Learn how to reduce arguing & help avoid problem behaviors

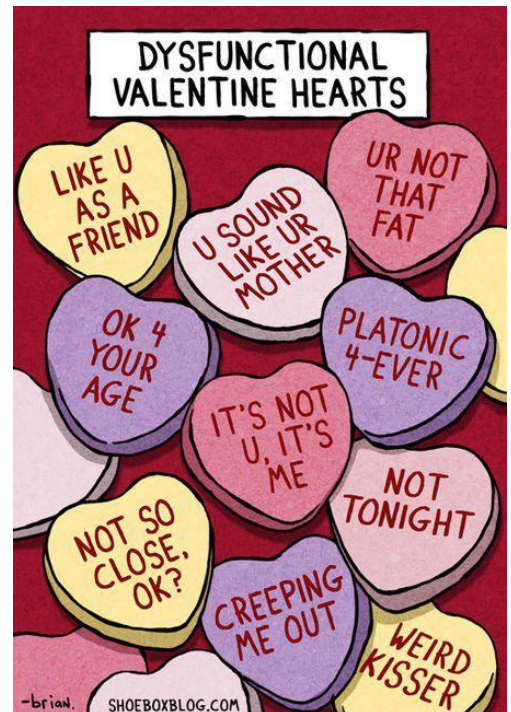




Happy Valentine's Day



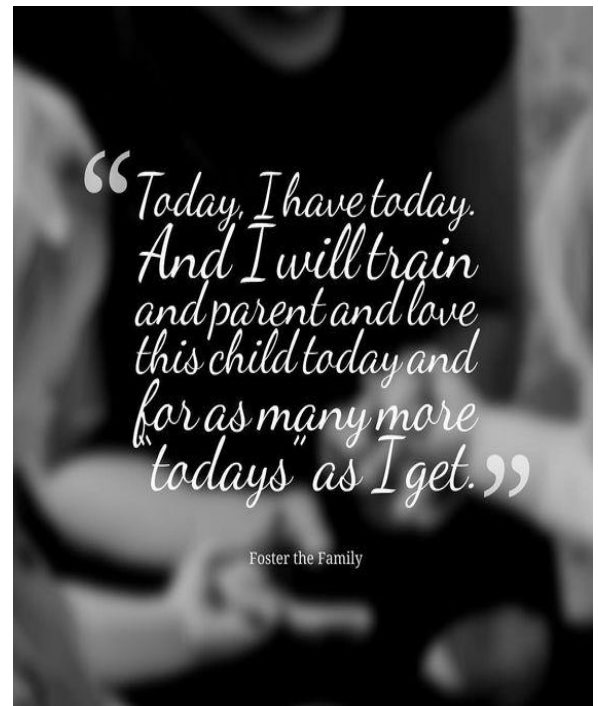
Crabby Road 2-15-12



Things You Can Say to Make Your Child Feel Great



1. I'm proud of you. And even if you weren't so fantastic, I'd still be proud.
2. I believe you.
3. I know you and I haven't been seeing eye-to-eye lately. But I want to let you know that I accept you whether I agree with you or not, and I'm committed to working on our relationship so we both feel understood and secure.
4. I forgive you. And I won't bring this up again.
5. I want to hang out with just you tonight. What do you want to do?
6. I'm sorry. Will you please forgive me?
7. I got you this, just because.
8. Yes, there is food in the house.
9. I admire the way you _____. In fact, I could learn a lot from you in that area.
10. That was a really wise choice.
11. No chores today.
12. I trust you.
13. Go ahead and sleep in tomorrow.
14. I had no idea you could do that! You impress me.
15. What do you think?
16. I'm so glad you're home.
17. Thank you!
18. You are one of the best gifts I've ever gotten.
19. I feel so proud when I'm with you.
20. You handled that so well.
21. I made your favorite _____.
22. That looks great on you.
23. That was so courageous.
24. Do you feel like I'm understanding you?
25. If there was one thing you could change about me, what would it be?
26. You have some real gifts in the area of _____.
27. It is so cool to watch you grow up.
28. Just wanted to let you know I'm praying for you.
29. You make me so happy just by being you.
30. I love you so much.





the best

VALENTINE SUGAR COOKIES

Ingredients

1 cup butter, room temperature
1 cup sugar
1 1/2 t vanilla
1 egg
1 t water
3 cups flour
1 1/2 t baking powder
1/4 t salt

Cream butter, sugar and vanilla.

Add egg and water. Beat until light and fluffy.

Combine flour, baking powder and salt.
Sift together.

Blend dry mixture into creamed mixture, divide dough in half. Wrap each half in waxed paper or plastic wrap and chill for one hour.

Bake at 375 degrees for 6-8 mins. Watch them carefully, take out of oven before edges turn brown.

Icing

Start with 2 cups of powdered sugar. Add 1 teaspoon vanilla and 1 tablespoon melted butter. Stir in teaspoons of milk one at a time until you reach desired consistency.