

# CBTS NEWSLETTER

May 2017



## How to Help Your Child Through Difficult Days

### 1. Acknowledge the pain of your child's many losses

Encourage your child to share his or her feelings about those they have lost as a way of reinforcing for the child that his or her emotions are perfectly normal. As Mother's Day approaches, discuss with your child's teacher the fact that your child has had more than one mother and may find it difficult to complete the usual assignments surrounding Mother's Day. The teacher needs to be well aware of your child's losses and should be encouraged to modify the assignment to fit the needs of children who are no longer living with their biological mothers. Even absent birth mothers may be honored for giving birth to your child and providing whatever positive qualities your child may have inherited such as an attractive appearance, sports abilities, musical talent, and intelligence.

### 2. You may talk with your child about his or her past holidays

Gather specific information so that you can incorporate your child's previous positive memories into your current family's activities. Family get-togethers may be extremely difficult. Be honest with each other about your feelings. Sit down with your family and decide what you want to do for each specific holiday. Undertake only what each family member is able to handle comfortably.

### 3. Remember there is no right or wrong way to handle special occasions.

You may wish to follow family traditions or choose to change them. It may help to do things just a little differently. What you choose the first year, you don't have to do the next. Be careful of "shoulds". It is better to do what is most helpful for you and your family than to follow a prescribed regimen of activities. If a situation looks especially difficult for your child before it is to occur, set limitations. Realize that it isn't going to be easy, and do only the things which are very special and important to you and your child. Once you have made the decision on how you and your family will handle the special occasion, let relatives and friends know. Ask them to be sensitive to your child's special needs and to honor them.

### 4. Remember that your child's negative reactions to special occasions are based on his or her grief.

Becoming angry with a child who is grieving accomplishes nothing. Understand and accept your child's feelings about the special occasion and about the people he or she has lost. Acknowledge those feelings, encourage your child to express them, and then move toward the special occasion with the intent of providing yet another opportunity for your child to heal.

## Your Teen's Selfishness

Some parents feed their teen's selfishness into adult years by continuing to rotate their life around them. I tell parents that at age 15 it is time for them to begin aggressively helping their teen get over a selfish mindset. Instead of always wanting to be "served" by mom and dad, older teens need to do things for themselves and also learn to serve others. After all, they are potentially only a few short years away from having to live totally unselfishly as parents themselves.

### So how do you put an end to your teen's selfishness?

First, you need to put on the brakes! Stop doing everything for your teen. Quit jumping every time he says "frog." His control over your life and the life of others in your family is to cease, beginning now. Review the negative habit patterns you established in your home in the early years, and let it be known in a gentle way that you'll no longer be doing a lot of the things that you had been doing to help them as a younger child.

Break the news to them in this way:

- I'll no longer be doing your laundry.
- I'll no longer get you out of bed in the morning.
- I'll no longer accept childish whining from you.
- I'll not be doing what should be your chores, like cleaning your room or bathroom.
- I'll no longer nag you about what you need to accomplish.
- I'll no longer pay for gas or give you spending money unless you earn it.



Get my point? You have got to *stop* doing some things, so that your child can *start* learning to do some of these things for themselves. You stop to get out of the way, so he or she can start. If you don't do this, your teen is not being required to grow up. And I see a great number of kids today that remain immature into early adulthood. That happens not because of forces of nature or culture, but because parents enable it. So the first step is to just stop.

The second step then is to have a discussion with them about why stopping. It doesn't have to be a deep philosophical discussion about their need to learn responsibility. I would leave it as a simple, "Because you now have the ability to do it for yourself and I don't want to do it anymore!" Any comments beyond that will only stir up further fruitless discussion. Let your teen know that you're not doing "it" (whatever "it" is) because you don't want to do "it" any more. You'll be amazed how it will put him in a position of not being so demanding of you, and will put you in a position of not having to do everything for them.

(cont.)

*(Your Teen's Selfishness cont.)*

Sometimes it is best to let teenagers know that they will have to start these new responsibilities “this summer,” or, “when school starts,” or, “when you turn 16.” That way you prepare them for the change that is coming. Don't drop it on them overnight. Maybe even work side by side with them for a couple of weeks as you make the transition, but be clear when your assistance will stop and that you'll not do it yourself during the transition period. They have to help.

Again, here's what to tell them:

- They'll be doing their own laundry and if not, they'll have nothing to wear.
- The alarm clock you are putting in their room is so they can wake themselves and get to school on time. If not, they'll get in trouble at school.
- That you expect respectful talk and no more childish whining.
- That you'll help in emergencies, such as typing their homework if their fingers are broken (use a little humor). This is something one adult would do for another if they needed the help.
- That you're not going to nag them anymore. You'll ask once and that's it. Then, they'll have to suffer the consequences if they don't do it in a timely fashion.
- That they'll have to clean their own room. If they want a clean bathroom, you'll purchase the cleaning materials, but that's all. They'll have to change burned out light bulbs, wash towels, and scrub their own toilet. Say you can't do those things for them because you can't breathe when you're in their room for the smell of the dirty shoes, socks and shorts.

I'm sure that when you present these things to your son or daughter, you'll get to see their selfishness in action. They won't like it and may even throw a tantrum. If so, then it only says that you should have started this process sooner. They'll drop the ball a few times and have to suffer the consequences as a result, but be sure not to rescue them from their selfishness nor lessen the consequences. Doing so will only cause selfishness and immaturity to continue.



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](http://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!



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## LOVE & LOGIC TRAINING

May 2, 9, 16, 23

6:15 – 8:15 p.m.

Viridian Center

8030 So. 1825 W.

This is an excellent training and the hours can count toward your yearly required training hours.



## F.Y.I.

After 23 years of being in the same location, CBTS will be moving! The new owner of our current location wants to turn our space into additional classrooms. Fortunately, he has space for us just east of the building. We will be making the move throughout the month of May. We wanted to remain centrally located and close to the Trax for the youth we serve. We feel it will be a good move for all concerned. It has also forced us to some major and needed downsizing! Thanks for your patience during this time

If a mother asks you a question it's better to tell her the truth because chances are she's asking because she already knows the answer.



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I never know what to say when people ask what my hobbies are.

I MEAN, I'M A MOM.

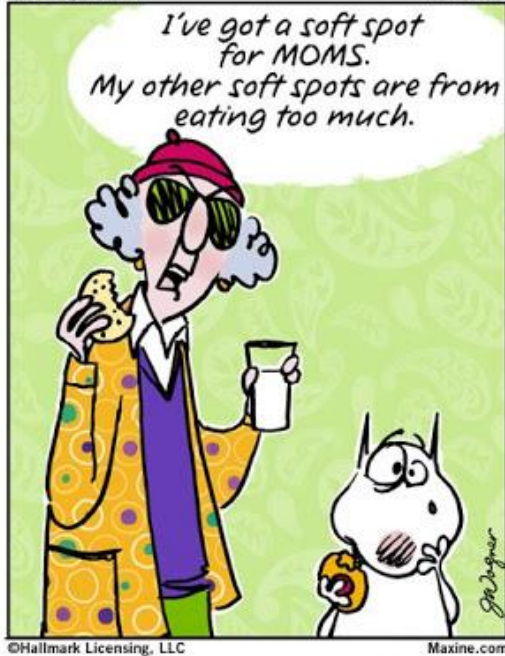
I enjoy trips to the bathroom alone and silence.



## FREE MAY EVENTS



May 2	Vintage Dance Lessons	Viridian Center	8030 So. 1825 W.	
	8:00 – 9:30 p.m.	For ages 14 and up	No partners needed	
May 4	Star Wars Party	Viridian Center	8030 So. 1825 W.	7:30–9:30 p.m.
	Costume contest, lip sync battle, trivia contest			
May 5	W.J. Symphony Spring Concert	Viridian Center	8030 So. 1825 W.	7:00-8:30 p.m.
May 6	UCASA Fearless Park Party	Memory Grove	485 No. Canyon Road	9:00 a.m.
	Utah Coalition Against Sexual Assault raising awareness and inspiration for survivors			
	Self-defense techniques, music dancing			
May 6	Children’s Mental Health Awareness Fair	4300 So. 1300 E.	8:00 – 10:00 p.m.	
	Free popcorn & snow cones, outdoor movie “Inside Out”			
May 6	Basant Kite Festival	201 Presidents Circle	10:00 a.m. – 6:00 p.m.	
	Kite flying competition, music, South Asian dancing			
May 12	Kearns St. Ann Cultural Fair	430 E. 2100 So.	4:00 – 8:00 p.m.	
	Live performances from many cultures			
May 13	One Voice Children’s Choir	Viridian Center	8030 So. 1825 W.	7:00 – 9:00 p.m.
May 19-21	Living Traditions Festival	Library Square	450 So. 200 E.	5:00 p.m.
	Music, dance, crafts			
May 27	Family Matinee “Kubo & the Two Strings”	Taylorsville Library	4870 S. 2700 W.	11:00 a.m.



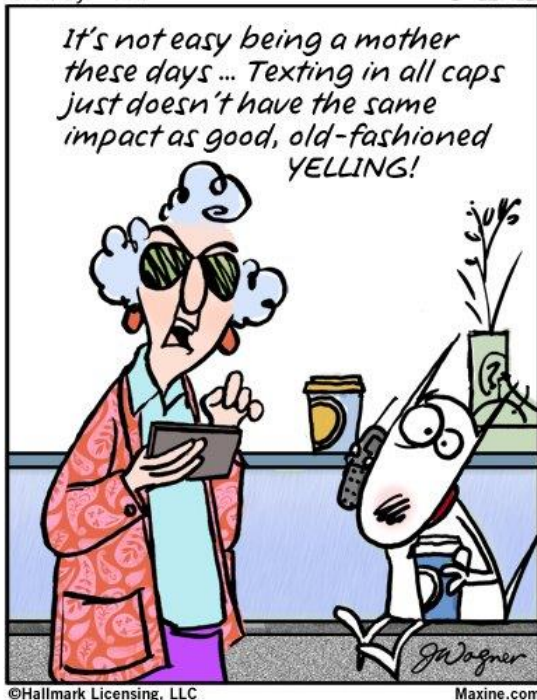
Mom, I can't even imagine how proud you are of me for remembering to send you a Mother's Day card.

someecards



Happy Mother's Day to the one person who believes I could do anything despite all evidence to the contrary.

someecards



On Mother's Day your family will wait on you hand and foot. Hopefully, they still remember how from last year.

