



NEWSLETTER

June 2017

5 Questions To Ask Before Rescuing Your Child From Consequences

Being a “good parent” usually means being involved in your child’s life and “doing” things for your child, like volunteering in school, attending their sporting events, and teaching them values and skills. Allowing your child to experience natural consequences is often painful for parents because it requires us to do *less* or to *not do* something. Inaction can leave you feeling like a “bad” parent.

You may want to rescue your child from natural consequences of their behavior to prevent your child from feeling pain, to keep your child happy, or to make sure your child likes you. Or you may intervene in natural consequences to ease your *own* pain. It’s hard to see your child struggle with difficult emotions like disappointment, failure, and loneliness.

If our job as parents isn’t to keep our kids happy, what *is* our job? It’s to do what we can to raise responsible children who grow up and contribute something positive to society. Our job is to encourage self-awareness and sensitivity to others so they can grow up to create fulfilling adult relationships and healthy families. Before rescuing your child from the natural consequences of their actions, consider asking yourself these five questions:

1) Is my child in immediate danger?

If “no” then let natural consequences play out. If “yes” then intervene and use other ways of teaching. Examples of immediate danger are a toddler running into street, teen driving drunk, tween chatting with a stranger online. Generally, these situations are the exception in everyday parenting. It’s the small situations that are sometimes the trickiest to work through, like a child forgetting lunch, fighting with friends, breaking a household rule, because they don’t seem like a big deal individually, but they add up over time.

2) Whose problem is this?

Who owns the problem? If you “pick up” the problem and hold on to it, your child will let you and allow you to be in charge of their problem.

(cont.)

3) What is the most loving thing to do?

Doing the “loving” thing isn’t the same as being nice or choosing a path that results in the least amount of relational conflict. The loving thing may at first seem to be rescuing, but being loving is actually doing what’s in your child’s best interest. There are parents who, in an attempt to be “nice” and unconditionally loving, enable their child to continue to break the law, to take advantage of others, and to develop a sense of entitlement.

4) What will my child learn if I rescue him/her?

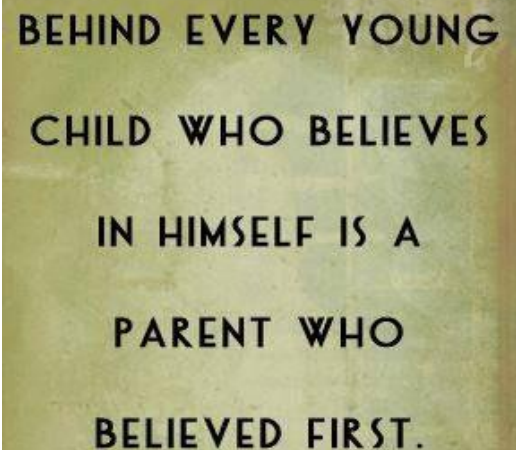
By rescuing your child from natural consequences you may be inadvertently teaching your child not to trust their own judgment, that they are not capable of handling hard things, and that they will always need you to help them. I recently met with a mother of an adult child who was angry with her son for taking advantage of her. She wanted him to get a job or work harder in school, yet she was allowing him to live at home without contributing to the household chores or paying rent. He had no incentive to step up. Her child had learned that his mom would take care of his basic needs even if he doesn’t contribute.

5) How will this prepare my child for their future?

Each stage of development prepares a child for the next phase of life. Allowing your child to make age appropriate choices and experience natural consequences early on gives them experience to build on for future developmental stages in every area of life: intellectually, emotionally, spiritually, relationally, physically.

Homework seems to be one of the most common parenting struggles. Here’s an example of how early experiences with natural consequences build preparation for the future. If your first grader forgets to do homework they may have to stay in at recess. In Junior High School if you forget to turn in a paper you’ll get a lower grade in the class. In High School forgetting to turn in papers means a lower grade in class and a lower GPA which limits future options, like college scholarships or work opportunities. Turning in papers in a timely manner in high school or college prepares you for adult employment where forgetting to write a report for a board meeting will get you fired.

Even though it is painful to watch our children experience the result of their own choices, it is an important part of their growth process. Our job is to teach our children to prepare for adulthood by allowing them the opportunity to navigate difficult situations, repair their own mistakes, and to experience themselves as capable of making decisions that are in their own and other’s best interest



**BEHIND EVERY YOUNG
CHILD WHO BELIEVES
IN HIMSELF IS A
PARENT WHO
BELIEVED FIRST.**



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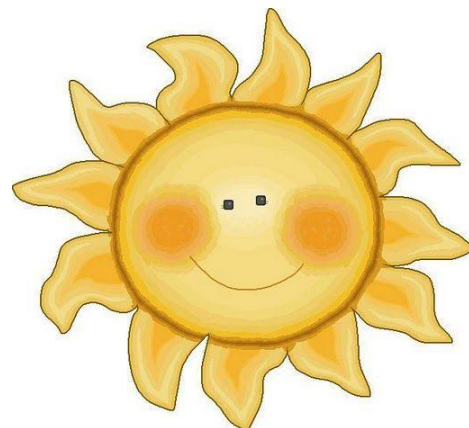
801-268-4044

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!



COMMUNITY SERVICE OPPORTUNITIES

Summer is a great time to volunteer and work off community service hours if needed. Check out the following websites for additional opportunities.

Volunteermatch.org

slco.org/volunteer

Userve.utah

Volunteer with **Huntsman Cancer Foundation** | Huntsman Heroes 140 and 5K June 17th, 2017 Shifts vary from water stops to the start/finish line. We have morning and afternoon shifts. Come and support cyclists and runners that are raising money for cancer research here at Huntsman Cancer Institute. You can sign-up at: <http://huntsmanfoundation.volunteerlocal.com/volunteer/?id=14482> Or volunteer@huntsmanfoundation.org

Join us during **Giant Things Camp**! Each day, we'll make a new art project on a large scale. No art teaching experience required. We'll have all the projects planned. Your role will be helping the teacher with materials prep and helping the students create their pieces successfully!. Mon Jun 05, 2017 09:00 AM - Fri Jun 09, 2017 12:00 PM 4973 S State Street

Help **Clever Octopus Creative Reuse Center** create and package teaching kits for classrooms - your educational experience + our amazing collection of creative supplies combined will help us build educational projects. Innovative STEAM (Science, Technology, Engineering, Art, and Math) lessons for elementary and middle school students are the goal. It's flexible! We'll work with your schedule. Located at 4973 S State Street

Each week, **Clever Octopus Creative Reuse Center** receives loads of donations, and you can be the first to see the incoming supplies! Come volunteer during shop hours (T-F 11AM - 6PM or Saturday 10AM - 5PM). You'll sort, bag, organize, and make things look beautiful in-store. You'll have first pick of the treasures, and you'll be helping an amazing local organization. All-around winning! Located at 4973 S State Street

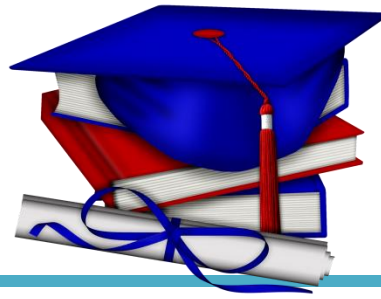
What is **Camp Invention**? Camp Invention is where imaginations get their rocket fuel! This summer's all-new curriculum allows children in kindergarten through 6th grade to experience real-world problem solving and creative thinking as they transform a distant exoplanet, take risks as future entrepreneurs, blast rockets and rubber chickens, and wire a circuit to create their own Spy Gadget Alarm Box! Local educators lead a week of hands-on STEM activities that will launch any child's imagination. Want to find a location near you? Visit <http://www.invent.org/inspire/leadership-intern-program-10th-12th-college/>

The **American Cancer Society** Relay For Life movement is the world's largest and most impactful fundraising event to end cancer. Without the support of thousands of volunteers like you, local Relay For Life events are not successful and we need YOUR help in planning the 2017 event! There are various levels of commitment and opportunities. If you have any questions or are interested in helping plan the event, contact the Staff Partner, Jessica Coats at jessica.coats@cancer.org or complete an interest form via this website. Located at 7800 S 5600 W

Make a lasting impression on a child's life by being their Volunteer, guardian, and best friend at Summer Camp. The **Muscular Dystrophy Association** is a national non-profit dedicated to serving individuals with muscular diseases. The Utah chapter hosts an annual Summer Camp each August, that is divided into two overnight sessions for kids 6-12 and 13-17. Camp is held at Camp Kostopolus in Emigration Canyon near Salt Lake City, Utah. For camp we need male and female volunteers, 16 and older, for week 1 Aug 5 - Aug 11 and week 2 Aug 11 - Aug 1

Emigration Canyon Rd





CONGRATULATIONS!!

We had three CBTS clients graduate from high school recently! All three of them have been accepted into college and will be pursuing higher education. We are so thrilled for them and congratulate them on their accomplishments! And a special thank you to their proctor parents and members of their treatment team for their significant contribution to this great outcome!

Way to go Maygan, Jessie
and Sammantha

*NEW
LOCATION!*

F.Y.I.

Just a reminder that CBTS moved at the end of May.

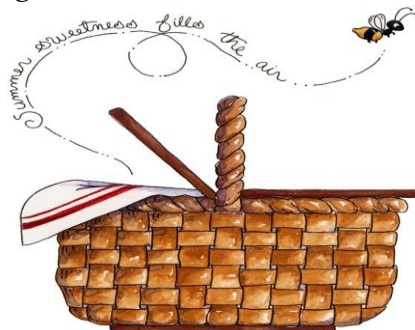
We are now located at 234 East 3900 South #1 (just east of our old location). We are excited about the move and feel this was a positive step. Come by and see our new office!!

Reminder –

You can go on our website www.cbts.utah and go to the training section and complete your training quizzes. Make certain you include your name at the end of the quiz so you will get credit.

FREE JUNE ACTIVITIES

- June 1 South Jordan Summerfest Concert by Utah Philharmonic Orchestra 6:30 p.m.
10778 So. Redwood Road
- June 2 “Secret Life of Pets” Heritage Park 10800 So. Redwood Rd. 8:00-11:00 p.m.
Bring your own blanket & lawn chair
- June 2, 9, Summer Concert Series Fridays on Vine Tooele Acquatic Center Park
16, 23, 30 7:00 p.m. Bring your own blanket & lawn chair
- June 2 Magna Open Mic Magna Library 2675 So. 8950 W. 6:30 – 8:30 p.m.
Singers, comedians, novelty acts Free refreshments
- June 2 South Jordan Summerfest 11000 So. Redwood Road 9:00 a.m.-11:00 p.m.
Parade, car show, vendor market, Battle of the Bands, movie “Secret Life of Pets”
- June 2 Summer Reading Challenge Kick-off Party Viridian Center 8030 So. 1825 W.
6:00 – 9:00 p.m. Performers, face painting, exhibits, movie “Moana” at dusk
- June 3 West Jordan City Band Concert to Honor Veterans Viridian Center 7:00-9:00 pm
8030 So. 1825 W.
- June 5, 12, SLC & County Building Tour 451 So. State Street 1:00 – 2:00 p.m.
19, 26



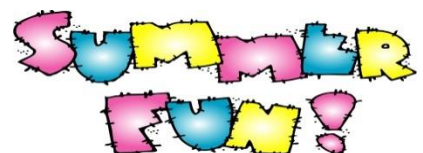


More Free June Events

- June 5 Cosplay 101 WVC Library 2880 W. 3650 So. 4:00 p.m.
Learns the ins & outs of cosplay
- June 5 Bird & Water Dance Ensemble Murray High School 5440 S. State 7:00 p.m.
Performers celebrating the determination & beauty of physical challenges
- June 9 Cosplay 101 Hunter Library 4740 W. 4100 So. 4:00 p.m.
- June 9 Music & Movie in the Park "Disney's BFG" 3270 So. 8400 W. 8:00 – 11:00 p.m.
Folk music "The Backyard Revival" Bring your own blankets & lawn chairs
- June 9, 16, 23, 30 Midvale Arts Council Summer Concert Series Midvale Park 455 W. 7500 So.
6:30 p.m. Bring your own blankets & lawn chairs
- June 10 40th Utah Asian Festival So. Towne Expo Center 9575 So. State
10:00 a.m. – 7:00 p.m.
- June 10 Dance Hits by the Joe Muscolino Band Viridian Center 8030 So. 1825 W.
8:30 – 10:00 p.m.
- June 15 Neighborhood House Summer Celebration 1050 W. 500 So. 4:30 p.m.
Games, activities, free hot dog
- June 15 Vantage Family Fun Day Wheeler Farm 6352 So. 900 E. 10:00 a.m.
Bounce houses, face painting, obstacle courses

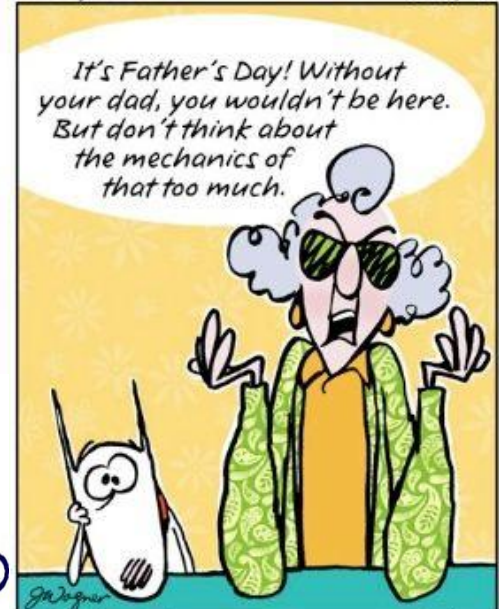
Still More Free June Events

- June 15-18 Westfest Centennial Park 5415 W. 3100 So. Thursday/Friday 5:00 – 11:00 p.m.
Saturday 10:00 a.m.-11:00 p.m. Entertainment, demonstrations, movie, fireworks
- June 16 United Way Day of Action Kearns High School 5520 So. Cougar Lane
9:00 a.m. – 1:00 p.m. Register to help at dayofactionuw.org
- June 16 Movie “Sing” Draper Amphitheater 944 W. Vestry Road 9:00 p.m.
- June 17 Academy West Recital Viridian Center 8030 So. 1825 W. 10:00 a.m.-1:30 p.m.
- June 17 Freedom & Heritage Festival Utah Cultural Celebration Center 12 – 10:00 pm
1355 W. 3100 So. Entertainment, games for all ages, health screenings
- June 22 Countdown in Concert Fairbourne Station 3600 So. Constitution Blvd. 6:30 p.m.
- June 23 “Rogue One –Star Wars” Pleasant Green Park 3270 So. 8400 W. 9:00 p.m.
Bring your own blanket & lawn chair
- June 30 “The Lego Batman Movie” 5624 So. Cougar Lane 9:00 p.m.
Bring your own blanket & lawn chair
- June 30 “Monster Truck” Pleasant Green Park 3270 So. 8400 W. 9:00 p.m.
Bring your own blanket & lawn chair
- June 30 American West Symphony & Chorus Pops Concert Sandy Amphitheater
9400 So. 1300 E. 8:00 – 10:00 p.m.





HAPPY
FATHER'S
DAY



Dad, our relationship means the world to my therapist.

someecards

